

Strength and Health



SEPTEMBER

15¢

N.S.C.

We Have Received More Than 10,000 Testimonials



BOB HOFFMAN

A young strong man's mother.

My mother uses my bar bell and she has reduced her weight from 185 pounds to 149. And she sure does feel good all the time, now.

Sunny Harris, Cal.

From an artist's model.

I am writing this letter to tell you of the splendid physical results I have obtained from using the York Bar Bell system for the last nine months. In September, 1936, my bodyweight stood at 165 pounds and by June, 1937, I weighed 190 pounds. A gain of 25 pounds. My satisfaction can be better understood, perhaps, by the following data on increases in measurement.

Age 16	Age 17
Forearm 12 $\frac{1}{4}$	12 $\frac{3}{4}$
Biceps 14 $\frac{1}{4}$	16 $\frac{1}{4}$
Chest normal 40 in.	45 $\frac{1}{2}$
Waist 31	32
Thigh 24	25 $\frac{1}{2}$
Calf 15 $\frac{1}{2}$	16
Neck 15 $\frac{1}{2}$	17
Weight 165	190

So you can well see that my satisfaction and enthusiasm about the York courses are well grounded. Through the use of the Heavy and Light system my lifting has improved quite a bit too. I put 242 overhead in the clean and jerk. Next fall I plan to buy a York International Set. Incidentally using the York system has also made it possible for me to earn a little money on the side, since, because of its results I have been able to secure work as an artist's model in Chicago.

Your friend and pupil,
Bill Bonner, Hubbard Woods, Ill.

From a fifteen-year-old lad.

In nine months of York bar bell training I have made some fine gains. I have gained twenty-five pounds in body-weight and made corresponding increases in measurement. Not bad for fifteen years of age. I weigh 195 pounds now and my lifts are 160 press, 190 snatch, 230 clean and jerk, total 580. Needless to say, I and my training mates are all pleased with the success we have had from using the York heavy and light system. And hope your boys come back from Paris as well satisfied with their results as we are with ours.

Jack Bonner, Ill.

From a wrestler.

I took up wrestling four years ago to get strong. But my gains were slow, so I started to train with heavy weights. In a year and a half my weight increased from 150 to 185 and I was appointed wrestling coach and physical instructor of the Hull Police of Quebec. I didn't have much time to train on account of my job. I never trained more than twice a week. But what those two training days did for me I'll never be sorry for. I am sending you my picture and am hoping for still greater success in the Strength field.

Harry Petigorsky, Ottawa, Can.

From a swimmer.

After reading an article in S & H magazine telling that Johnny Weismuller and Buster Crabbe trained with weights, I tried weight training too. I've been a fair swimmer for a number of years, but this added strength I obtained through weight training has made me much faster. I can kick water in the face of lots of men who beat me regularly in the past. I am convinced that weight training will improve any man at the game or physical pastime he likes. It gives him more power and endurance, and this of course results in speed. For speed is only the ability to keep going for a considerable distance at a fast pace.

Herman Botts, N. Y. C.

From a night student.

I am enclosing the price of one of your sets of weights. I have been doing bar bell exercises at the Y. M. C. A., but there are many days when I can not get there owing to night work and night school. So I expect to take some workouts with my set at home and train with the fellows at the Y when I can get over there. Although my training has been limited and irregular I have made a great deal of improvement in the condition of my arms, shoulders and back. I started bar bell work in April and three months' training reduced my waist from 43 to 39 and my weight from 235 to 214.

Ray Wilson, New York.

Send for our FREE Booklet
The Road to Super Strength! YORK BARBELL CO., YORK, PA.



Strength and Health

Bob Hoffman, Editor



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Look for Strength and Health on the news stands the fifteenth of the month

Next Month

We have a REAL issue planned for this coming issue with many splendid articles by famous authors.

My Forty Years in the Strength World, or Ju Jitsu by an expert, Lieutenant Anthony Flores, holder of the black belt, which is emblematic of highest ranking in the Japanese art of Judo.

The Best Way to Military Press by Bob Hoffman. York lifters have repeatedly broken world's records in the press. Bob himself overcame a case of very bad leverage to bring his press up to 200 pounds. The information this article contains will add pounds to your record in this lift.

Learning To Chin With One Hand, by Paul Holloway, a little known member of the York team. Paul possesses unusual muscularity and chins with one finger.

Other stories are The Paris Team, facts about the lives and training of Bachtel, Terlazzo, Terpak, Venables and Mayor who make up the team of York champions who will compete in Paris. Heavy Exercise Saves Time and Energy, another feature article by Bob Hoffman. Do You Want a Classic Mid Section? by Wib Scharzberger. This article covers exercise for the sides, abdomen and back. Exercises which make of your mid section a thing of health and muscular beauty. There will be a story of Bob Conery, weight lifting official of Aurora, Ill., a man who has made remarkable strides in the strength world in his many years of enthusiastic weight training. The story of Mike Dietz, one of the newest York stars, a man who never saw a bar bell before last year and is now approaching 750 in his lifting total. 4,000 Miles by Cycle. A trip to the national championships, and to visit well known bar bell men, by two young men of Aurora, Ill. Dr. Tilney's usual article and departments will appear.

Doesn't this look like a fine collection of material for the next, the October issue?

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Contributors should submit manuscripts at their own risk accompanied by first class postage and a self addressed envelope. All manuscripts of possible use will be held for probable insertion in future issues. All photographs submitted should be as large as possible and on glossy finish. Negatives, colored or tinted photographs or pictures under 2 x 3 1/4 inches in size can not be used. Photographs will not be returned unless accompanied by first class postage and self addressed envelope, otherwise all photographs will be reserved for use in future issues. When submitting photographs print name clearly on back of each one.

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The Most Necessary Thing in The World

EDITORIAL



HIS is an editorial chiefly for married couples. There's so much unhappiness, ever increasing divorce, more and more shattered lives. Incompatibility is the chief cause. The man and woman have different interests; their physical conditions are not in tune. They drift

apart.

A well known writer recently wrote, "Food comes first in this world, after that comes love, but in the case of many, love comes first." It's the love of some person that causes all the accomplishments in the world. The inventions, the building of huge businesses, even the fighting of wars come about through ambition created, almost without exception, to prove someone's greatness to a beloved person.

Love is the most necessary thing in the world. It's the point to which human beings rise so high above the scale of the animals. You will realize after careful analysis that everything we do is done because it is human to desire to be loved and admired. The little girl dresses up and puts a nice ribbon on her hair because she likes to be admired. The little boy pulls her hair because he wants to attract her attention and obtain some slight measure of puppy love. Girls strive to be beautiful, desirable, so that they will attract a satisfactory mate.

Boys go in for athletics, football for instance, in many cases because they think it's their duty to fight for their school. But more often because it brings them the affection and admiration of their girl friends. Men strive for business success, with its financial rewards, chiefly because this can bring them what they desire in life, usually the "one woman."

In spite of all this striving and struggling, which often leads to the winning of the mate of their choice, very few people are really happy. Very few have the slightest passion for each other after a period of three years. They may continue to live together for a number of reasons, such as being concerned about what people will say, or concerned about the children, or afraid to take the step from an unsatisfactory mate to another which may be no better. They go on in unhappiness.

We only have one life to lead and it behooves all of us to obtain from it the last measure of happiness. We should regulate our lives so that we will obtain the maximum of happiness. We've said that love is the most important of all; yet it's a Love Starved World. So few obtain lasting, perfect, wonderful love. The world's too full of frigid wives and inadequate husbands. If a man or woman has a mate who is not as healthy, not as energetic, as virile as he or she, it's just a question of time until the matrimonial ship crashes on the rocks.

There are women who like to swim, to dance, to exercise, who keep themselves young and attractive, but who have a money grubbing husband who neglects his physical self to the point that he can not be a fitting mate, and soon there is trouble in that family. There are so many men who exercise, or keep themselves virile through hard work, with a wife who is sickly, cold, or not interested in being loved. That's too bad too, for happiness cannot be had in that manner.

There are wives who are not as active, not as virile as their husbands, who don't care about being loved; yet feel that this is one of their wifely duties and submit to what they may feel is the husband's reward for providing for them. But love given by either party when it is one sided does not last long. The giving of favors constantly by one or the other partner of a marriage contract soon becomes tiresome and before long there is no happiness in that family.

That's why I want to extend the following advice. Young men, select a wife who likes the things you like. If you enjoy swimming, weight lifting, sports and all athletic pastimes, marry a woman who likes the same things. Young women, if you like, or love and admire a man who is an athlete, a weight lifter, a man who likes to develop his muscles, you must interest yourself in his exercise and sports if you want to be happy. Happiness is too seldom won by opposite personalities. Husbands and wives should be together much, should be real pals and life partners. If the husband likes games, and the wife prefers shows, clubs, card games and gossiping, she won't keep up with her husky, virile husband.

I feel sorry for the man or woman who is frigid or inadequate. And I can't help but feel sorry too for the love starved humans, usually men. Many men and women, through their physical condition, can not experience the better and finer things of life, the rare ecstasy of love, freely given and received from an attractive wife or husband. Too much of this side of life is brought to my

attention. The weight lifters, I must say, are far better men than their wives are women. There's too much divorce in the strength world. Divorces take place according to statistics in twenty per cent of cases. They happen far more frequently than that among great athletes, strong men, boxers and wrestlers. The man trains, remains strong, virile and youthful. Too often his wife through neglect is an old woman far before her time. Women often wonder why they can't hold their men.

I know scores of bar bell men of fifty who are as young physically as they were at twenty; they don't look older than thirty. Their wives are worn out old women. No wonder the husbands go astray.

An athlete, especially a bar bell man, builds within himself a human dynamo. I have constantly written that the use and exercise of the muscles stimulates all internal organs and glands which are adjacent to them and work in sympathy with them. The internal organs must become powerful and quickly operative in direct proportion to the power and speed of the muscles. Physical training makes a man a super man. It makes women super women too. The girls who participate in sports—we saw so many of them at the Olympics and other athletic events—are just as extraordinary in internal strength, physical ability and virility as are the men.

How sad it is then when a real man has a "halfway" woman for a mate. If the woman wants to be happy, she'd better follow the mode of living her husband follows. Married couples should train together, go on long rambles together, boat and swim and play together. These latter pastimes take time, and are frequently only possible during summer vacation. This makes easy year round exercise necessary.

I see many happy couples who are happy through what they have read in this magazine. I get to talk to them when they come to York and in the many cities where I have been present at strength shows. I see wives who have formed a physical training group and use the weights as do their husbands. They tell me the story of the thirty or forty pounds that they have lost. The greasy, ugly, shapeless fat that has gone from their once attractive bodies. They tell me of weight that they have gained, if they have been underweight. But what they don't tell me I can see for myself in little looks and small attentions which husbands and wives pay each other. They have won for themselves happiness along with their health and their strength. More and more wives are learning that physical training is necessary. How could a man who trains to build a healthy, attractive body, a man who keeps his youth and constantly builds his physical powers, be happy with a woman who is sick, ailing or who doesn't care for his love and caresses, who doesn't care for games, sports or athletic pastimes, who thinks that physical training is silly, and who will age prematurely, and be only half of a real woman as she goes through life.

This magazine constantly pounds along four fronts. It fights the battle to help its readers obtain four things: health, strength, success and happiness. They're all tied in so closely together that one can hardly be obtained without the other. You can't be strong unless you're healthy. You'll be healthy if you follow physical training methods which make you strong. You can't be happy unless you are well, and you can't obtain success unless you're healthy and happy.

They are all products of physical training. Some few persons obtain them through an innate stronger than average body, which through the efforts of their parents or grandparents has come down to them. But we of the present should be just as interested in passing on the same fine bodies to the coming generations. Success and happiness are not possible for most persons without physical training.

All of us should be interested in finding the ultimate in happiness and love is the most important part of this. It's love that usually drives us on to success, to improving our appearance, building our muscles, making more of ourselves. Young people and married people should read this editorial carefully. It gives more than a hint of a way to supreme happiness. Husbands and wives should have similar interests, and by all means, the ladies need physical training too.

KEEP FIT



WHEN YOU TRAIN WITH DUMBBELLS

—You train with the oldest and best known method of strength and body building. Dumbbell training was responsible for such men as Snodow, the World's most perfect man, Saxton, undoubtedly one of the strongest men who ever lived, Hackschmidt, Pandour and many others too numerous to mention. And now we have a host of new strength stars and perfect men who have shown sensational results by including dumbbell exercises in their training.

Today dumbbells are more favored than ever before. The dumbbells of today are not large bulky and unwieldy lumps of iron, but instead are beautifully balanced, well machined and ADJUSTABLE sets. With the modern YORK 80 POUND ADJUSTABLE DUMBBELL SETS you may start your exercises with as little as two and one-half pounds in each hand and increase the weight as you gain strength and shapeliness until you are handling the full eighty pounds.

In this manner you gradually coax your muscles along and as days go by you see them taking bigger and better shape. You feel rich new red blood coursing through your veins. Your digestion becomes better, elimination perfect and you no longer have those sedentary ailments that the modern life of inactivity inflicts. You are a new man!

Weight training is the surest method of prolonging one's youth and usefulness. Weight trained men look and do better. And then there are all the other sports you may participate in. No matter what your game or pastime is, properly guided weight training will improve it. It will give you more stamina, better control and co-ordination. It will make you supple and pliant, no more stiffness and tight joints. You will have maximum flexibility with maximum strength.

HOW DUMBBELLS BUILD BROAD SHOULDERS!

Your upper body reacts quickly and naturally to the handling of dumbbells. You can do all those "leverage exercises" in the YORK DUMBBELL COURSES that make your shoulders wide and strong, simply by starting with a light weight on each dumbbell and as you gradually increase the poundage your muscles will increase in size until they take on the proportions you have always dreamed of.

**YORK
80 LB.
Adjustable
DUMBBELL**



**\$7.50
COMPLETE
WITH
COURSES**

Take the upper arms for instance; the adjustable dumbbells build them easiest of all. You can do all those interesting curling movements shown in the YORK DUMBBELL COURSES and soon you will find your biceps pass that 16 inches you hitherto thought impossible to accomplish yourself.

Each YORK 80 POUND ADJUSTABLE DUMBBELL SET includes the TWO handles equipped with shield collars that let each hand fit comfortably about the handle, a wrench and four outside lock collars. There are 4 10-lb. plates, 4 5-lb. plates, 4 2 1/2-lb. plates, and 4 1 1/2-lb. plates. Each plate is the genuine YORK plate which bears the name and weight.

They come to you packed in a neat wooden box complete with the YORK DUMBBELL TRAINING COURSES NOS. 1 & 2!

* INCLUDES YORK DUMBBELL COURSES

The foremost treatise on body building by dumbbells ever written! This course sells separately for TWO DOLLARS but when you purchase your set of YORK 80 Pound Adjustable Dumbbells THIS SPLENDID TRAINING COURSE IS INCLUDED!

Each course contains charts illustrating all the movements and all photos are posed by champions. What better inspiration could you have when you train with this course?

There are special exercises for developing broad and powerful shoulders, new movements to build big biceps. There are the "internal raises" that build up the chest. The "alternate reverse curl" that gives you a powerful hand grip and there are dozens of other movements that build for you a beautiful symmetrical physique packed full of vigor and strength. And each movement is carefully explained in every detail and illustrated in each course. The dumbbell course has given thousands of YORK pupils a new lease on life. And they are your instructions when you purchase a YORK 80 POUND ADJUSTABLE DUMBBELL SET!

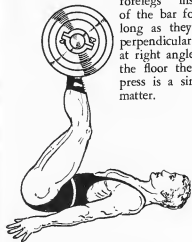


EXERCISE of the MONTH

In the twenty years we have studied bodybuilding one great truth has been revealed to us. It is the simple and unalterable law of bodybuilding. It can be stated in just four words: "MORE WEIGHT—LESS TIME," or to reverse it, the same truth is evident; IF YOU WANT TO GET RESULTS IN LESS TIME YOU REQUIRE MORE WEIGHT!

This month's exercise falls into the class of heavy training and the more weight you use the better. It is the simple leg press, an old favorite of the strength stars of the past. This exercise should be used much more and one reason many bodybuilders are afraid to include it in their program is they fear the heavy barbell may fall because it is too hard to balance. In reality the balancing is very simple. Start with a moderate weight of 200 pounds (and 200 pounds is a moderate weight for the legs) and have two of your training mates assist you in placing it across your feet. The bar should be placed across the arch or slightly nearer the toes. Straighten out the legs to get the feel of the balance and make the small of the back remain close to the floor. This is one secret of the leg press, keeping the small of the back tight against the floor. Lower the bar always keeping the fore-arms perpendicular. You will not lose balance if you keep your eyes on the

forelegs instead of the bar for as long as they are perpendicular or at right angles to the floor the leg press is a simple matter.



At first don't let the bar come down to the chest; stop about half way and press up again. Each time allow the legs to come nearer until finally you touch the chest with each movement. In this manner you get the balance better and put work into the biceps of the legs as these muscles are required to stop the legs from touching the chest. About ten repetitions with a good substantial weight will put a real pair of legs on any man and do your chest a world of good. And please remember that axiom of bodybuilding—"MORE WEIGHT EQUALS LESS TIME."

Be Heavier Page

WE have a few new leaguers this month from points out of the United States. It would be nice if present leaguers would refer to the new leaguers by dropping them in the line.

From far off Burma, Syed Ahmed Behabaneh, of 185 East Bagin Road, Rangoon, has just become a member.
Lgr. John Hockenfull, 68 Chorley St., Warrington, Lancashire, England, is representative of the British Empire. Canada, Lgr. George Hensley Lunt, 54 Grosvenor Rd., Magnolia, Liverpool, England and Lgr. John Reid, 26 Brockton St., Rochdale, Lancashire, England, are representatives of the British Empire. Each month, a great many more men in the far flung British Empire become acquainted with Strength and Health magazine and we are pleased to have a number of them as members of the American league.

Lgr. Shiro Mukai, P. O. Box 65, Punneue Maul, Hawaii wishes to hear from other leaguers anywhere in the world. We have had so many leaguers from Punneue so this new leaguer should have no difficulty meeting a lot of fellows in his own district who are interested in physical training.

Lgr. C. A. Bagwell, Austin Ave., Kowloon, Hongkong, China, and Lgr. Kwan So Peng, Chop Eng Senz, 39 Birch Rd., Fremman, E. 1st St., San Francisco, are leaguers from the other side of the world.

New Leaguers from the United States

Lgr. Don Caldwell, Jr., R. 1, Box 29, Mexia, Texas, is a member of the Hawaii A. C. A man who has long been a reader of this magazine, is a bar bell man, so flexible that he can resist the most tortion of the most outstanding magnitude. He's another of the many fellows who constantly refer to Strength and Health. Advanced bar bell men are the most athletic and elastic of men. Lgr. Frank Motowyl, 201 1/2 West 12th St., New York City; Lgr. Robert W. Colford, 84 Bennett St., Brighton, Mass.; Lgr. Edgar Smith, 209 North Erie St., Chicago, Ill.; Lgr. Otto Kupper, 1723 Menahan St., Brooklyn, N. Y.; Lgr. Raymond Piaschi, R. D. No. 3, 1st St., Philadelphia, Pa., wishes to meet leaguers in his section as well as in Philadelphia.

All of these men would enjoy hearing from other leaguers anywhere in the world and wish to meet those in their own districts especially.

INTERNATIONAL ORDER OF BODY-BUILDERS

Since the magazine "Body Builder" has followed the route of so many other magazines in the exercise field, and ceased publication the International Order of Bodybuilders which they were sponsoring in the United States, headquarters, or in fact any privileges for the membership fee which they paid. Mr. Lew Dick, the enthusiastic eight year official of Brooklyn, N. Y. had been secretary of this organization. He felt keenly the fact that he had no right to argue for their membership and we are pleased to offer these gentlemen membership in the American Strength and Health League. You will see names on the list, well known to readers of this magazine. Men who are already members of Strength and Health wish to welcome these enthusiastic Body Builders into the A. S. & H. L. and to hope that you gentlemen who are already members of this organization will write to them or meet them personally if they are in the city, and make their acquaintance. Invite them to participate in your league activities. Your request will be 25c or to send any of the following list a league certificate of membership. Pendant of desired will be sent on payment of 25 cents which is less than cost.

International Order of Body Builders, Membership List

Prof. Harlan A. Shafran, Shafran Gym, 31 Lincoln Rd., Brooklyn, N. Y.; Lew Dick, 724 Stone Ave., Brooklyn, N. Y.; George A. A. Dick, Brooklyn, N. Y.; Lgr. E. J. Cornell, C. & R. Body Building Studio, 165 Vermont Ave., Providence, R. I.; Ray (address as above); John S. Gibson, 3518 San Jacinto, Houston, Texas; Dr. P. A. Orose, The Health Center, Cleveland

Hotel, Spartanburg, S. C.; Louis O. Barton, Box 323, Clifton, Texas; Allyn M. Bates, 344 73rd St., Rochester, N. Y.; George A. Gilmore, Central Squa, N. Y.; Lgr. W. H. Biddle, Piedmont Driving Club, Atlanta, Georgia; Ray Schussler, 28 Harmonia St., Buffalo, N. Y.; Theron R. Dates, Bates Bar Bell Studio, 1409 Chandler, Madison, Wis.; Edward G. 198 High St., Cranford, N. J.; Charles Weisbeck, 14% West Citrus Ave., Redlands, California; Russell Hoskin, (same address as above); Manuel Villages (same address as above); Robert H. Scribner, R. F. D. 1-A, Auburn, Maine; Jack Cohen, 9 Essex St., Irvington, N. J.; Raymond Lawton, 595 Ira St., Richland Center, Wis.; J. C. Donovan, 103 Bigelow St., Quincy, Mass.; Richard M. Smethurst, 94 High St., Mystic, Conn.; H. G. Phillips, Route No. 4, Auburn, Maine; Prof. Antonio Metysek, 2219 East Biddle St., Baltimore, Md.; Clifford Jury, 1811 Las Palmas, Hollywood, Calif.; S. E. Tyrrell, Acme Hotel, 819 Mission St., San Francisco, Calif.; Steve Herbenar, 316 Roosevelt St., San Francisco, Calif.; Alexander J. Templeton Street, Dorchester, Mass.; Joseph McGramm, 21 Reed St., Reading, Pa.; George Pont, Milo P. Studio, 319 W. Sprague St., Spokane, Wash.; Perry Rader, Alliance, Neb.; E. Truchan, 437 Park St., New York, N. Y.; Oscar 409 Hendricks, South Haven, Minn.; Roy L. Smith, 307 Fuller Ave., Council Bluffs, Iowa; J. A. Smith, 1040 Oakwood St., Headquarters Squadron, G. H. Q. Air Force Selfridge Field, Mich.; Frank Raymond, 1000 Commercial, Philadelphia, Pa.; Pedro R. Infanta, 560 W. 163rd St., N. Y. C.; James P. Stutzman, 35-40-163rd St., Flushing, Long Island City, N. Y.; Truman, G. Truesdale, 3434 Highland Ave., Niagara Falls, N. Y.; 1121 Coleman, Corpus Christi, Texas; Annado M. Tuzon Esq., 25 Young Allen Court, Birmingham, Ala.; J. H. Gann, 500 Taylor Street, Riverside, Ill.; J. William Hull, 1813 Holland St., Erie, Pa.; Thomas C. Smith, 238 Central Ave., Brooklyn, N. Y.; Alge Moss, Alt. St., Stable, E. Fla., Canal Zone; Robert Gardner, 429 1/2 1st St., Seattle, Wash.; Joe Raymond, 394 East 13th St., Cleveland, O.; Hook Dick, Chiquetta, 282 Pleasant St., Fall River, Mass.; Norman Raymond, P. O. Box 418, Suncook, New Hamp.; Harold C. Kings, Babcock Hill Road, Nashville, N. Y.; Joseph Mills, 58 Tremont St., Central Falls, R. I.; Frank Doris, 72 W. 14th St., Bayonne, N. J.; John Yickl, 2215 South Homan Ave., Chicago, Ill.; Howard Zercher, 1012 Michigan St., Louis, Mo.; Walter Wojcik, 1812 2nd St., St. Minneapolis, Minn.; Russell Kouzik, R. T. Box 40, Parlier, Calif.; Julius G. Gray, 3rd-1024, Fortuna Ave., Charleston, W. Va.; Ed Klein, 314 Pearl St., Richmond, Va.; Charles C. Burnard, Box 1772, Providence, R. I.; Oscar Pearsall, Box 626, Wilmington, N. C.; Paul Oudib, 1000 E. 12th St., Reading, Pa.; G. Jay, Arclebio, P. R. Box 222; Arthur Bowman Jones, Hollywood Health Institute, 1000 Duane St., Louisville, Ky.; Robert Hotchkiss, 28 Sells Court, Columbus, O.; Forrest O'Kelly, 1027 L. Looney St., Memphis, Tenn.; Charles W. Egan, Frank 901, 640 South Broadway, Los Angeles, Calif.; A. E. Gray, Otis Elevator Co., 39 1/2 E. Atlanta, Ga.; E. E. Pearsants, 983 Looney St., Memphis, Tenn.; W. P. Dalley, 805 East Mountain Drive, Chevy Chase, Md.; William B. Vee, 2650 San Marcos St., San Diego, Calif.; Matt L. Parth, 1415 Craig St., San Francisco, Calif.; Edward R. Frank, C. & R. Body Building Studio, 165 Vermont Ave., Providence, R. I.; Albert (address same as above); Francis Bryand (address same as above); Art Sell, 6027 Hamilton St., Los Angeles, Calif.; Gray Wentz, Central Square, Dakota; C. W. Thompson, Box 5042, Amarillo, Texas; Donald L. Brubaker, 1005 1/2 E. 11th St., Tulsa, Okla.; Almona, Pa.; Anthony H. Bartosky, Jr., 636 Maryland Ave., Johnston, Pa.; Jess H. Egan, 225 S. Main St., Erie, Pa.; Hugh E. Carrige, 21 Chapel St., Trenton, N. J.; Sam Vengroff, 724 Stone Ave., Brooklyn, N. Y.

Lgr. Webster Davis, 212 Chittenden St., Akron, O.; Lgr. Lewis Clawggs, R. 3, Stevens Station, N. Y.; Lgr. Milton Carr, 143 Central Ave., Bedford, Mass.; Lgr. Sprig Williams, R. R. 2, Blacksville, Minn.; Lgr. M. G. 111, Frystant St., New Orleans, La.; Lgr. Roy Klukas, 108 27 St., Seattle, Wash.; Lgr. George Gilmore,

Going Native

You will remember the splendid photos of Arnold and Bob Dahlin, which have appeared in this magazine. Their address is 6374 H. Henn, Minneapolis, Minn. They write that they plan to go native down in Hawaii this coming fall and winter. They would especially like to hear from any leaguers on the west coast and in the territory of Hawaii.

Word from a British League Officer

Lgr. J. A. Reed, 22 Proctor St., Rochdale, Lancashire, Eng. is especially desirous of hearing from York Bar Bell men. He is following the York courses, has already made nice gains, but is anxious to improve his lifting totals. He likes S. & H. magazine and is a real enthusiast.

Activity in the Canal Zone

In a recent issue we wondered in the columns of this page, just what certain Canal Zone leaguers were doing. We have a report. Lg. Captain Ramon Hermdia continues with his lifting and in recent competition made a fine total of 605. His team represents the Milwaukee Brewing Co. Lg. Sergeant Chester Fields, one of the improve team, joined the immortals with a more than double bodyweight clean and jerk. 280 pounds in clean and jerk, double bodyweight of 138. In the United States, Tony Terrazzo, Dick Eschelt, Johnny Terpak, and Bob and Alger are doing double bodyweight with continental jerk. John Terry clean and jerk at the Olympics. Pat and Alger are doing double bodyweight continental and jerk double bodyweight are the only men who have performed in this manner. The other two teams were only three men in the history of world weight lifting who had done continental and jerk double bodyweight. There was a Whur, who has been given credit for being the first to perform this feat. 280 lbs. latter and Otto Aro, succeeded. Since that time quite a few of the world's best featherweights and a few lightweight have been successful. Heibig of Germany, Haas of Austria, Schaefer of Germany and a few others, including the Egyptian lifters Anwar Ahmed, Soliman and Shams, and Touni is one of the heaviest men in the world to succeed with this feat. Osenruff and Ismayer of Germany have both succeeded with this feat. It's most exciting group in the world. You can't see it after can aspire to join. Chester Fields has brought great honor to himself, his club and the American Strength and Health League. Terrazzo made 278 1/2 as a 132 pound man and 315 clean and jerk as a 142 pound man. Heibig is 119.5 clean and jerk was more than double bodyweight. Johnny Terpak at the national championship in making 225 clean and jerk was fifteen pounds more than double bodyweight. It's an almost impossible feat, but the best lifters are doing it.

FILL OUT THIS FORM

To join the league fill out this form and send it with one dollar to the American Strength & Health League, York, Pa.

If accepted you become a member of the league, receive a beautiful certificate suitable for framing, and you are eligible to join the activities you to all league privileges. You receive a pendant which may be worn with chain or as a watch charm.

I desire to be enrolled as a member of the American Strength & Health League

Name: _____
Street: _____
City: _____

Strength & Health

Dear Mr. Hoffman:

My daddy is writing you so I asked him if I could put in a note, and he said, "By all means, I know Bob will be glad to hear from you."

I sure do like to train four and five times a week. It is great. I feel very much. More so when I can feel myself getting stronger all the time. Daddy says it won't be long until I'll be pushing him because he is 47 and I am 13 and have all before me. Some day you will have a Father and son picture and daddy is going to get some good ones of me taken, so I'll be sending you some.

I am learning hand balancing now in between workouts. My mamma is working out with my bar bell too. Since we have been living the Strength & Health way, she dropped from 135 to 110 and feels a whole lot better and looks it too. Well Mr. Hoffman I thank you once again and all good wishes for the success of Strength & Health. Sincerely yours, Sunny Harris.

Dear Bob:

Going through the enclosed rings I came across the enclosed cuttings. It is rather amusing to read in the "Mr. Governor's" article about exercise, that occasionally we find super men like Babe Ruth who can stand strenuous exercise. If Ruth is super human what would he call men like Dave Maynor or some of our other splendidly built weight lifters. With all due respect to the Babe, but I never realized that a super man was one who had a tummy like a potato. While chin to held his collar and who would collapse as reported in this newspaper article on the sixth green while playing a game as mild as golf.

If Mr. McGovern would interest himself in real physical training and use the S. & H. way of living he would realize that we would be going as strong as any man in the world. If you would read about in our magazine you really live the S. & H. way. Sincerely, Fred W. Harris.

I've often wondered why hardly known ex-prize fighters are given the opportunity to tell the world how to be strong and healthy. A careful analysis of what they write shows them woefully weak in fundamentals of strength and health subjects. Yet, newspaper editors who know less accept their articles and pass them on to people who are seeking health. Scores of thousands have found the way to super health and strength through the advice this magazine contains. It's the latest and best health and exercise information. Anyone can disregard all the rest of the world and let their heart's desire in a physical way, by following the simple advice about exercise, correct eating, sleeping and maintaining a tranquil mind, that we constantly write about.—Editor.

Dear Mr. Hoffman:

I am enclosing an order for a 210 pound set of weights. I don't know if you'll remember the names or not but maybe you'll remember the two fellows from Massachusetts who spent eight days in York from June 13th to June 21st. I will never forget that week and the good time I had.

I am enclosing a picture which I hope you can use somewhere. The two fellows are both S. & H. hundred per centers. Tell all the fellows I was asking about them and I wish the ones who are going to Paris the best of luck.

Sincerely,
Bob Hewitt, Mansfield, Mass.

Hundreds of visitors come to York. All are welcome. Here they find a score of young, enthusiastic weight lifters who are pleased to talk to you from everywhere. Many of these fellows train with us, all enjoy watching the lifters in action and I am sure benefit by the instruction they receive. There's a happy, enthusiastic group of men here who'll enjoy meeting any reader of this magazine who finds it possible to pay us a visit.—Editor.

Dear Bob:

You will recall my name with something akin to contempt, no doubt. In college I have forgotten and I'm sorry who told you so unceremoniously to "chink it up to profit and loss. However, now the devil can a guy stay sore at it who stands for what is right. I hope you can get over it the same way and maybe we can get together in the future. What do you say?

I'm out of work as yet but keep in trim through a pair of adjustable dumbbells, a parallel bar, bicycle riding. I recently rode to River Beach with another fellow. It took up 130 miles in all and we rode it in thirteen hours. Boy were we tired. Canoeing, dancing, hiking, fishing etc. I have taken sun baths every other day and between that working in our garden only in shorts and canoeing the same way. I've got about the healthiest cut of tan that you ever saw and I feel great. Tell some of the boys for me that if any of them wish an exceptional muscular looking back and a slim waist, to just take up canoeing, will you? It's made a crease down the middle of my back that looks like a miniature canal whenever I swim with little fish. I don't think I never knew existed in my back before.

Well I'll be closing now Bob, and I hope you will not fail to write me this time.

Yours for S. & H.,

George Bodenau.

The bone of contention in this case was my failure to write an answer to a letter received from this enthusiastic seeker of S. & H. We do our best here and try to reach every one. We would like to be treated. Letters are usually answered promptly upon every one of the twenty-two in our office and factory realizes that success, the rise or fall of the business depends upon success. Practically all sets of weights leave the day the order is delivered. Harming unforeseen delays we are prompt in making out and shipping shipments. We try to get letters of the same day. Frequently letters are received in the noon mail and answered that day.

Better service has made us more successful. Occasionally there are omission or a commission. A letter is mislaid or filed as answered. We don't get mad if anyone "bawls us out." Never write letters in anger. But just answer the second letter and try to do better in the future. And in time, most everyone becomes our friend. All we can do is our best.—Editor.

Dear Mr. Hoffman:

I have you know Hollywood? Three issues in a row of S. & H. have had a woman on the cover. That helped put the Body Builder out of business. Do you want to go the same way?

M. R. S.

Other magazines of our type have been forced to cease publication owing to continual losses over a period of time. We have managed to endure for five years, never only to endure but to grow and be more successful than any other magazine of our type has ever been. We have to try the trial and error system to see if we can not continue to gain with our work of making the people of our country fit and in the rest of the work that they will be much healthier, stronger, happier and live longer. If they devote some time each week to taking care of their bodies.

We are trying very hard to bring our work to the attention of more people each month. We tried the pretty ladies on the prominent place on the news stands. There never has been a time in the history of our magazine that we have had to put over a magazine. There are so many new ones prominent in the field that they are out of the well known publications altogether, that too often S. & H. is placed back with the "Dime and Home" magazines, the variety journals, and the specialized magazines. We were trying to bring it out in

front. We don't sell as many of our hundred thousand as we should but we get along and help publish this magazine as long as I live.

I am fortunate enough that I can live without profits in this business and as long as I can stand in the "black" each year, we can continue to improve. There are thousands and thousands of ambitious readers. But what we need are about a hundred thousand more. That's what we are striving for. You haven't paid me anything for you think we have gone Hollywood. We have a lot of real strength stories in this magazine. Hope you're always with us as a reader.—Editor.

Dear Mr. Hoffman:

I have read your magazine and used York Bar Bells so much in the last year and a half that I felt that I knew you personally for many years.

I am so wrapped up in this pleasure that I went to York to see you and your boys on June 14th and I certainly was not disappointed. My friend, my wife, and I were greatly thrilled with the courses shown us by you and your fine men. You haven't paid me anything for this sincerely.

I was very much pleased to shake hands with you and the boys. I also have my letters taken with you. I also want to thank Walter Good, Bob Mitchell, Tony Perazzo and Edward Harrison for looking after me.

The story of Ed Harrison was wonderful. It showed that he was determined to get what he wanted and he surely is on his way up the ladder to strength fame. I assure you that I received much value in reading the story of Ed Harrison put into practice. The main object of my vacation was to come to York to see you and the boys.

After I left York I went to New Philadelphia, near Pottsville. I wasn't there long until I had about six fellows exercising with me and I improvised bars. They'll buy a real set pretty soon. My people and I are going on to the Philadelphia next year and I would like to spread your magazine and teachings all the way across the United States.

My best wishes for your continued success.

Francis Au Rand, Phila., Pa.

It's interested bar bell men and readers of S. & H. like the young man who wrote this letter, who have been chiefly responsible for the growth of S. & H. But he'll sell his bar bells to the man whom they come in contact of the merits of weight training. They bring the magazine to the attention of their friends and thus do the friend a favor. And of course make possible this magazine, which is inspiring and encouraging to so many.—Editor.

Dear Mr. Hoffman:

Please find enclosed check for three dollars for a two years subscription to Strength & Health. As a reader of your magazine may I offer a few comments.

First in criticism. Some of your men are seen too radical. The style of writing is cheap, high pressure, too sensational. Many of your articles are poorly written. The authors repeat themselves and evidently do not use an outline. Such faults are results to the intelligence of so many.—Editor.

But I have noticed a marked improvement in your own writings and Rosetto well enough in business in which you have the time. Of course you are primarily a business man, the head of a steadily growing business in which you have invested much time, money and energy so may I suggest that you send a sample copy of your magazine to each O.C. group to encourage the young men there to be more conscious of physical training.

D. A. L. West Va.

At least he liked the magazine well enough to subscribe for two years. Thanks.

Bar Bell Parts and Equipment

Lifting News

1937 OHIO AAU CHAMPIONSHIPS

Held at Dayton, Ohio
Reported by Art Duzweller

112 pound class	Dwt.	Press	Snatch	C. & J.	Total
R. Boen	110½	115	130	155	400
E. Hamilton	105½	95	105	140	340
115 pound class					
C. Williams	116	125	130	165	420
G. Griffiths	115½	115	100	135	350
126 pound class					
C. Clinger	124	150	135	170	455
J. Wendling	119	115	115	155	385
B. Thompson	125	100	115	145	360
132 pound class					
D. Falson	132	170	170	220	560
G. Williams	132	145	160	210	515
T. Wagner	131	135	135	180	450
148 pound class					
R. Foeller	144½	170	180	215	545
A. Sheets	145	155	155	215	510
D. Marcus	143	160	160	215	535
L. Krell	148	140	155	205	520
H. Schütz	140	155	165	205	500
J. Conkle	148	145	145	185	475
G. Hansen	148	155	150	205	460
165 pound class					
C. Gillespie	165	205	230	285	720
C. Kotowski	162	190	220	250	630
M. Marcus	161	170	185	215	545
N. Herritt	161	150	160	220	530
H. Morris	162½	130	135	175	440
181 pound class					
C. Yagier	167½	200	190	250	645
F. Burdette	165	190	240	295	625
A. Hinzburg	173½	185	185	250	625
A. Duzweller	180½	165	160	210	535
198 pound class					
H. Moore	185	195	195	250	645
H. Stapp	200	190	195	250	644
B. W. Russell	185	200	200	240	640
F. Russell	182	180	185	230	595

CONTEST AT WATSONVILLE, CALIFORNIA

Reported by J. W. Howell, Watsonville
Y. M. C. A.

Mike Turano, body weight 131 pounds, T. A. M. P. 155 pounds, Total, 505 pounds.
Ed. Edwards, body weight 145 pounds, T. A. M. P. 175 pounds, Total, 570 pounds.
R. Romine, bodyweight 162 pounds, T. A. M. P. 190 pounds, Total, 570 pounds.
W. Walter Marayan, bodyweight 182 pounds, T. A. M. P. 220 pounds, Total, 715 pounds.
After the lifting Jack Lalanne made a two arm pull-over with 120 pounds.

1937 SOUTHWESTERN AAU CHAMPIONSHIPS

Held at Belton, Texas
Reported by Vernon Polk

118 pound class	Dwt.	Press	Snatch	C. & J.	Total
Joe Cranshaw	107½	102	148	356½	
126 pound class					
Nelson Taylor	152	148	198	498	
Robert Taylor	122	117	164	403	
H. Thornhill	127	112	164	403	
H. H. Hines	117	117	160	394	
132 pound class					
Robin Chester	122	137	182	441	
C. H. Thwaitt	132	132	175	415	
C. Coppin	135	117	164	416	
148 pound class					
L. L. Leland	162	163	224½	549½	
165 pound class					
Raymond Schreder	188	194	236	621	
Billie Leland	175	188	215	578	
J. Wherton	150	158	213	521	
C. Morgan	145	148	183	476	
W. King	137	132	165	415	
Albert Pitsch	145	148	303	303	
181 pound class					
K. Nelli	208	182	260	651	
E. Hill	190	198½	265	631½	
T. D. Stratton	195	208½	250	653½	
(Neil and Stratton same bodyweight, both awarded a silver medal)					
J. M. English	180	174	229	583	
Billie Leland	150	135	193	478	
Heavyweight class					
Jack Telford	200	204	250	654	
O. Bergfeld	158			158	

1937 WISCONSIN AAU CHAMPIONSHIPS

Held at Marquette University Gymnasium

132 pound class	Dwt.	Press	Snatch	C. & J.	Total
Orland	130	130	190	450	
Robt. Cottington	100	105	145	350	
Del. Wink	90	100	140	330	
148 pound class					
Dean Mary	155	150	200	505	
John Schuler	120	130	180	430	
Bronst. Walker	110	110	190	410	
Norman Buchner	120	120	170	410	
165 pound class					
Frederick Krause	180	185	240	605	
Pat Boeser	150	150	210	510	
Martin Slovacek	145	130	195	470	
181 pound class					
George Weckbold	198	200	264	671	
Herbert Marquart	181½	176	236½	594	
Joe Knefel	187½	170½	231	589	
Unlimited class					
John Valuch	170½	200	281	652½	
Paul Schneider	162½	170	247½	618	
Ferdinand Schaefer	157	170½	247½	605	

1937 SOUTHERN AAU CHAMPIONSHIPS

Held at New Orleans
Reported by W. P. Miles, Jr.

126 pound class	Dwt.	Press	Snatch	C. & J.	Total
L. Fryer	145	140	190	475	
H. Babin	130	125	185	440	
M. Slaughter	135	130	170	435	
132 pound class					
H. Lagrette	125	115	165	405	
R. Sherman	150	145	195	490	
148 pound class					
E. Seal	165	165	205	535	
E. Seagle	155	150	200	505	
L. Cox	145	135	200	480	
C. Cameron	130	130	180	440	
M. Davies	145	145	180	425	
165 pound class					
H. McKenzie	175	185	240	600	
W. P. Miles	170	170	230	570	
L. Greene	190	170	220	580	
H. Wharton	150	150	210	510	
181 pound class					
C. H. Thwaitt	205	190	250	645	
H. Neill	190	180	240	610	
L. Dours	200	185	240	625	
Heavyweight					
H. DENNITT	205	210	270	685	
G. Pinarolo	180	170	210	560	
K. Herard	170	170	200	540	

MAURICE KAUFMAN SETS RECORDS!

Maurice Kaufman at a bodyweight of 138 pounds has established the following records: One hand curl 85 pounds and two hands 125 pounds! Both are world's records for the two hands curl is TWENTY FIVE POUNDS OVER BODYWEIGHT! But more sensational yet is his breaking the record for the side press formerly held by Thomas Inch of England at 291 pounds by pressing in correct style 295 pounds. Thus the 138 pound lifter from Amesbury now holds the world's heavyweight record in his lift.

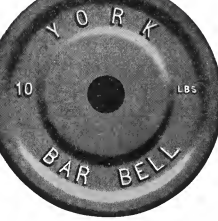
Kaufman also made a right hand bent press of 215 pounds which is a U. S. record for his weight.

CONTEST IN VERMONT Held at Burlington, Vt.

Reported by Jack Collins

Contest was held on the Two Hands Clean and Jerk, Two Hands Press and the Dead Lift. The winner in the heavyweight class, John W. Davis, is 41 years old and was well known in lifting circles a dozen years ago, which proves that you can't keep a good old time out of the game.

132 pound class	Dwt.	Press	Snatch	C. & J.	Total
Raymond Dillaway	160	130	315	605	
Leo Loman	155	110	335	600	
148 pound class					
Richard Yantz	160	115	375	650	
Frank Wilson	140	130	340	590	
Mark Daig	150	110	290	550	
165 pound class					
John "Doc" ...	190	140	375	705	
Jack Collins	185	130	385	700	
Tommy Taylor	190	145	335	670	
Heavyweight class					
John Davis	175	135	440	750	
Paul Bennett	205	145	395	745	
Frank Bore	180	130	415	725	



When you order York Bar Bells, plates, collars, parts and other accessories you receive the finest equipment which can be manufactured, well finished, well packed, guaranteed perfect, and best of all you receive prompt shipment. We are the largest producers of adjustable bar bells and dumbbells, as well as parts and accessories in the entire world. This is not a happy accident but the result of supplying good quality, good service and best value. Your purchases of bar bells, adjustable dumbbells and other equipment make possible this magazine, which is of inestimable help and encouragement to many thousands of bar bell men.

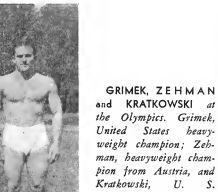
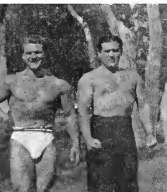
All the equipment we offer is sold on a very close margin of profit. No other company can sell for less, give you the same quality, service and guarantee and remain in business to continue to serve you. Recently one of the older bar bell companies thought they could sell for less, and went bankrupt owing fifty thousand pounds of weights, hundreds of books and other equipment to men who had spent their hard earned dollars for this equipment, yet will never receive what they purchased. You can order with confidence from the York Bar Bell Company for we are well rated in Dunn's and Bradstreet's financials and are really responsible. If any customer registers dissatisfaction with any purchase we replace it, or refund the amount paid. You are sure to be satisfied with your purchase.

The Famous York Bar Bell sets and the York Bar Bell and Dumbbell courses you will find advertised elsewhere in this magazine.

- York Bar Bell and Dumbbell plates. Sizes 2½, 5, 10, 20, 25, 50 and 75 pounds. 7 cents per pound
- Four foot steel pipe bar. Complete with four heavy duty collars and wrench 2.00
- Five foot steel bar with three knurled hand grips, complete with four heavy duty collars and wrench 3.50
- Six foot steel bar with three knurled hand grips. Complete with four heavy duty collars and wrench. 4.25
- One pair of thirteen inch dumbbell bars. Complete with eight collars and wrench 3.00
- Heavy duty collars for long bar bells. Pair75
- Pair50
- Special revolving kettle bell handles. Pair 2.50
- Ring weights. Weight empty, 22 pounds. Loads to 75 pounds. 2.50
- Month piece for Teeth lifting. 2.50
- Finger lifting device, well protected 1.50
- Hip belt with chain for hip lifting and leg exercise. 3.95
- Continental style belt. Greatly helps your lifting ability, appearance and strength building. 3.05

YORK BARBELL CO.

Shows and Events



GRIMEK, ZEHMAN and KRATKOWSKI at the Olympics. Grimek, United States heavyweight champion; Zelman, heavyweight champion from Austria, and Kratkowski, U. S. middleweight champion.

CONTEST AT PORTLAND, OREGON

Reported by Dr. Collister Wheeler

Weightlifting fans who witnessed this fine contest were given an extra treat in seeing that great old man of the iron game, Milo Steinborn, give an exhibition of lifting and muscle control.

Steinborn, former holder of the heavyweight world's record clean and jerk, did several deep knee bends with 408 pounds WHICH HE PLACED ON HIS SHOULDERS UNASSISTED! After which he gave an exhibition of muscle control from which one could readily see that his pet hold in wrestling—a body crusher—has reduced many an opponent.

Name	Bwt.	Press	Snatch	C.&J.	Total
Don Harpette	141	160	140	210	510
Joe Lapinski	142	150	130	240	570
Ohio Cresaw	140	160	165	230	555
John Becker	150	160	175	240	575
Sam Lapinski	165	165	175	250	630
Bob Schmid	152	190	195	260	645
Frank Hlaby	165	165	165	235	565
Al Amundson	164	205	195	265	665
Geo. Pavlich	174	230	205	280	715
Oino Quilid	193	190	210	275	675
Hugo Larusberg	200	170	190	275	615
John Whitte	190	180	210	290	680

1937 ALLEGHENY A.U. CHAMPIONSHIPS

Held at Pittsburgh, Pa.

Reported by John Britt

Name	Bwt.	Press	Snatch	C.&J.	Total
J. Mitchellson	117½	150*	134*	183*	467
E. Williamson	117½	193	108	140	351
126 pound class					
E. Roscoe	120½	130	135	163	428
132 pound class					
A. Michalszyn	130½	130	135	153	418
Wm. Glavis	130	150	140		290
148 pound class					
V. Szansky	142½	180*	184½*	240*	604½
W. Miller	148	160	168	230	558
W. Hoffman	163½	155	168	230	543
M. Huddestun	134½	145	150	198	493
165 pound class					
J. P'Pachien	159	178	208*	265*	651
J. Novak	164	173	188	265	616
N. Shandl	161½	163	188	240	571
A. Brouak	154½	173	173	235	581
M. Soley	162½	168	168	240	591
J. Fritzman	163½	160	173	225	568
H. Gunka	162½	163	158	225	546
S. Zak	162	167	173	225	573
181 pound class					
J. Wargo	177½	190	198	245	633
W. Michalski	175	173	188	245	606
W. Roberts	168½	169	168	240	598
A. Huffer	171	165	168	230	548
J. Kelly	173	145			145
Heavyweight class					
F. Juhn	231½	223	200	260	686
P. Shils, Jr.	183½	163	150	208	521

*Indicates new record.

METROPOLITAN ASSOCIATION JUNIOR MEET

Hermes Athletic Club, New York City

The fourth and last of the series of Metropolitan meets brought out the following winners. The totals of the four meets were added together to decide the first place men with the following results:

Name	Bwt.	Press	Snatch	C.&J.	Total
112 pound class won by Americo "Etrpo" Lemma, total 1447½.					
118 pound class won by Joe Farruga, total 380.					
126 pound class won by F. Gabbali, total 1310.					
132 pound class won by Irving Gamm, total 1770½.					
148 pound class won by Sam Lugo, total 2296.					
165 pound class, won by John Deana, total 2357½.					
181 pound class won by John Gallagher, total 2411½.					
Heavyweight class won by Bill Nuneman, total 2257½.					

Name	Bwt.	Press	Snatch	C.&J.	Total
112 pound class					
Americo Lemma	112	180	135	185	500
Ray Schneider	112	65	65	90	220
Constante Lutz	107	60	60	85	205
118 pound class					
Joe Farruga	118	105	115	160	380
Albert Lauer	118	110	115	145	370
Morris Katz	115½	80			80
126 pound class					
Irving Gamm	126	115	145	260	620
132 pound class					
139½	125	140	175	440	
129½	100	105	140	345	
Albert Witman	130	80	85	110	275
148 pound class					
Sam Lugo	143½	160	175	245	580
Edward Atkins	143½	170	165	225	560
A. Vojvodj	144½	175	160	215	550
Joseph Deana	148½	160	135	205	520
John Toll	148	120	125	175	420
Emil Bauer	148				120
165 pound class					
John Deana	151½	175	185	225	585
Herbert Werner	141½	185	160	225	570
Sam Rotfarb	154	150	165	225	540
Bill Adams	156	190	160	215	555
181 pound class					
John Gallagher	173	190	185	250	625
Victor Fritzman	176	170	185	250	605
Paul Wells	174	175	180	225	580
Ir Lubman	168	145	150	210	505
Heavyweight class					
Frank Charles	205	215	205	270	690
Frank Bates	188	185	210	280	675
Bill Trotter	189½	190	170	225	585
Harri Soudiers	185	170	155	225	550
Sam Sherman	209½	165	170	210	545
Pete Ralston	209	180	225	405	

LIFTING AT LOS ANGELES A. C.

Reported by Jere Kingsbury

Name	Bwt.	Press	Snatch	Jerk	Total
Orville Wertbuehner	143	176	173	247½	596½
Beign Trotter	148	170½	181½	230½	588½
Milton McAliese	142	187		242	490
Joe Colucco	165	214½	198	235	663½
Bob Nielsen	164	192½	181½	220	594½
Walter Marcyan	171	209	220	280½	698½
Sam Termini	187	225½	231	308	764½

AT LAST!

"A Wrenchless Collar"



THE NEW
YORK

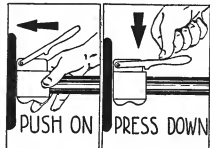
"HOLDTITE" COLLAR

At last York has developed a simple, convenient and practical locking collar. No longer will you fret around with a wrench to tighten the set screws of your collars. No more minutes wasted during precontest training time.

The "HOLDTITE" collar secures the barbells plates in a second. Just PUSH-ON then PRESS DOWN. Simple, speedy and strong. The plates just CAN'T come off with the new "HOLDTITE."

NO LONGER DO YOU NEED A WRENCH!

Order now \$2.00 per pair. Fits all York sets of 200 lbs. or over or any 1-1/16 inch bar.



Order From

YORK BAR BELL COMPANY

York, Pa.

SAVE HALF A DOLLAR!

"Physical Improvement" formerly cost \$3.50. It can now be bought for three dollars from Strength and Health Publishing Co.

These books, beautifully bound and ready for immediate delivery, are a complete training course in themselves. Hundreds of illustrations of the world's most outstanding physical specimens.

DON'T PASS THIS UP, YOU NEED THIS BOOK

Learn through its interesting chapters how to: "Improve the Arms," "Develop the Legs" and "Broaden the Shoulders." It will tell you all about the one and two hand lifts, about resistance exercises, about stretching and of dumbbell training. Learn what authorities think of the vital "Diet Question."

ONLY A LIMITED NUMBER LEFT

Don't hesitate. Summer will soon be here and this book, Physical Improvement, will show you how to fill out a bathing suit like a REAL MAN.

Physical Improvement is one of the last books of its kind on the market. There are no more Physical Training Simplified, no more Your Physique and no more Key to Might and Muscle.

There are a few left of Way to Live, at \$1.00. Romance of Strength at \$1.00 and Super Strength at \$2.00 per copy. Once these books are sold out, they can never be replaced.

SEND \$3.00 NOW, to: STRENGTH AND HEALTH PUBLISHING CO., York, Penna.

IN CANADA -

York Barbells and Dumbbells are now being manufactured in order to save the Canadian purchaser 35% tariff and the high freight rates.

The Canadian York Barbells and Dumbbells are identically the same as the outfits made in the U. S. A. Each set of 210 lbs. and over is equipped with the patented "Holditte" collars. All sets include the York Adjustable Dumbbell handles.

WE CAN SHIP DUTY FREE TO ANY PART OF THE BRITISH ISLES

Bodybuilders in England, Scotland, Wales and Ireland can now purchase York equipment at Canadian prices without paying any duty or tariff. Purchasers in other parts of the British Empire should inquire at their local Post Office for freight and tariff rates.

ALL EQUIPMENT IS MANUFACTURED IN CANADA BY CANADIAN LABOR

THE HIGH COST OF STEEL AND IRON MAKES PRICE RAISES INEVITABLE. BUY NOW!

- 110 Lb. York Barbell.....**\$9.50**
- 120 Lb. Special with five foot steel knurled bar.....**13.00**
- 210 Lb. York Barbell five foot steel knurled bar.....**19.00**
- 210 Lb. York Barbell five foot steel knurled bar.....**28.50**
- 510 Lb. York Barbell six foot steel knurled bar.....**49.00**
- 80 Lb. York Adjustable Dumbbell Sets complete with York Dumbbell Training courses Nos. 1 and 2.....**9.00**
- Four York Training Courses.....**5.00**
- York Iron Boots, per pair with York Log course.....**6.00**
- FIVE-IN-ONE SET**—consists of a pair of York 80-lb. adjustable dumbbells, pair of York Iron Boots, special York Headstart or neck developing, Dumbbell courses Nos. 1 and 2 and York Log developing course, Nos. 1 and 2.....**12.00**
- 4-ft. pipe bar with 4 collars and wrench.....**2.25**
- 5-ft. steel bar with knurled hand-grips, 4 heavy duty collars and wrench.....**4.50**
- 6-ft. steel bar with knurled hand-grips, 4 heavy duty collars and wrench.....**5.75**
- Extra barbell plates may be purchased at the rate of 9¢ per pound.
- York Super Home Gym.....**6.00**
- (We prepay freight on all cash orders of the Home Gym.)

Purchasers in British Isles note: \$1.00 equals 4s 2d.

Order from:

NORMAN MILLER, Manager
YORK BARBELL CO.
 2019 Gerrard Street East
 TORONTO, CANADA



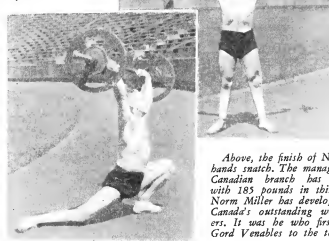
YOU ARE JUDGED

by the power and warmth of your hand-clamp. Is yours a real MAN'S HANDSHAKE? Study the training methods of the **POWERFUL GRIP AND BIG FOREARM BOOK**. Show all those whom you come in contact with that you are a live, virile, powerful and likeable man. Illustrated with new amazing photos of Apollon, Cyr, Sandow, Rigoulet, Sansone, Hoffman, Arco and Grimek and a host of others.

Don't miss this book for one dollar. Order from

STRENGTH AND HEALTH CO.

Below, NORMAN MILLER performing a two hands snatch. Notice the extremely low position that Norm, former Canadian lightweight champion, uses.



Above, the finish of Norm's two hands snatch. The manager of our Canadian branch has succeeded with 185 pounds in this manner. Norm Miller has developed all of Canada's outstanding weight lifters. It was he who first brought Gord Venables to the top.

1937 CONNECTICUT AAU CHAMPIONSHIPS

Held at Hartford, Connecticut
 Reported by Ernie Hackwood

	THMP	THS	THCJ	Total
112 pound class				
G. Tetrault.....	130	125	160	415
126 pound class				
P. Neveu.....	160	150	200	510
132 pound class				
J. Sobel.....	185	175	215	575
A. Hambleton.....	135	135	175	435
148 pound class				
J. Felt.....	190	190	225	605
E. Boyce.....	175	170	220	565
A. Vahala.....	175	165	220	560
A. Louche.....	170	160	220	550
V. Gagnon.....	150	150	200	500
R. Schermerhorn.....	160	150	190	500
N. Dante.....	120	135	195	470
L. Wells.....	135	135	195	465
T. Hutz.....	150		190	340
165 pound class				
T. Kapinos.....	175	185	240	600
A. Paterson.....	160	190	210	520
G. Clark.....	145	135	190	470
181 pound class				
H. Peck.....	185	210	305	700
A. Mieske.....	200	190	240	630
J. Daday.....	160	185	235	600
R. Eddy.....	175	175	220	570
R. Coll.....	170	160	205	535
Heavyweight class				
J. R. Mooney.....	235	200	280	705
V. Burrows.....	190	190	250	640
F. Scheidle.....	175	185	255	615

SPORTS CARNIVAL AT RANDALL'S ISLAND, N. Y.

Reported by Dick Dick

Name	Bwt.	Press	Snatch	C&J Total
112 pound class				
Bob Moran.....	111	115	120	235
118 pound class				
Joseph Fazio.....	112	105	115	205
Geo. Malenbalter.....	130	145	145	290
Iring Gunn.....	131	145	130	265
148 pound class				
Sam Lupo.....	144	165	170	335
Edward Atkins.....	146	165	155	320
Dick Hunt.....	147	135	120	265
Joseph Fazio.....	144	175	180	345
165 pound class				
Rudolph Schib.....	157	170	195	345
Sam Rothbar.....	154	150	150	305
181 pound class				
Ben Schreder.....	180	200	190	390
Oscar Little.....	175	190	180	340
Hertert Werner.....	178	180	190	350
Abe Berger.....	176	180	190	340
Heavyweight class				
Harry Friedman.....	181	200	205	605
Harry Field.....	198	200	210	605
Will Nunemann.....	192	195	170	565

MEET AT ELIZABETH, N. J. Held at St. Hedwig's Young Men's C. C.

ST. HEDWIG'S YOUNG MEN'S CLUB

Name	Bwt.	THMP	THS	THCJ	Total
Ralph Scull.....	130	170	170	240	580
Ch. Wiedelnd.....	148	151	170	225	546
Steve Pombeck.....	162	185	180	250	615
John Buda.....	160	185	180	250	620
Jim Kenowski.....	178	205	200	270	675
Team Total.....					3636

HOBOKEN WEIGHT LIFTING CLUB

Name	Bwt.	THMP	THS	THCJ	Total
Wm. Perna.....	148	170	151	200	521
Wm. Ricciellano.....	148	175	175	225	575
Steve Corchia.....	154	180	170	240	590
Herb Frown.....	187	190	190	225	595
Sal Palma.....	185	185	185	235	625
Team Total.....					2906

The greatest lifter of the evening was Ralph Scull when on an extra attempt he cleaned and jerked 250 pounds and set falling with twice his bodyweight 260 pounds. The Bates Bar Bell Club of Paterson also appeared on the program with four of their greatest men and gave a splendid exhibition of lifting. The results are:

EXHIBITION LIFTING—BATES BAR BELL CLUB—PATERSON, N. J.

Name	Bwt.	THMP	THS	THCJ	Total
Mike Chaboso.....	175	225	210	275	710
Tony Dillia.....	175	225	210	275	710
Frank Bates.....	185	190	195	280	655
Frank Jerico.....	200	220	200	265	685
Team Total.....					2635

ATTENTION ST. LOUIS LIFTERS!

A new club is being organized, known as the Barry Athletic Club, in St. Louis County. All those interested should get in touch with Bob Prater, 1517 Poshontas, Webster Groves, Mo.

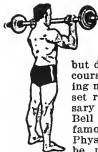
MEET AT SPOKANE, WASHINGTON

Reported by George Ponto

Name	Bwt.	Press	Snatch	C&J Total	
132 pound class					
Adrien Aulin.....	131	111½	121	145*	377½
L. Sanderson.....	128	100	120*	145*	371
148 pound class					
Fred Pierce.....	145	121½*	133*	160*	419½
165 pound class					
Burdell Adams.....	154	121	121	158	400
Al Weed.....	165	150*	142*	182*	474
181 pound class					
Harold Morrison.....	175	165*	175*	254*	594
Heavyweight class					
Gordon Weed.....	190	177½*	177½*	226*	545
Dutch DeCham.....	194	191	130	185	411

U. OF INDIANA vs. U. OF WISCONSIN

The University of Indiana outgained the four man team from the University of Wisconsin with a total of 1,675 against 1,505.



IF YOU OWN A BARBELL!

but do not have the right kind of bar-bell training now is the time to get set right. It is not necessary to buy a York Bar-Bell in order to get the famous York Course of Physical Training. It can be purchased separately and at a very nominal cost. It is the most up to date complete treatise on bar-bell and dumbbell training. Packed with numerous illustrations and priceless information. Considered by all leading experts in the strength field as the best. You will enjoy training the York way.

If you want the greatest results, (and of course you do, that's what you are training for) you should become a York bar bell man. Any sort of bar bell training is better than other forms of training, but you get the maximum results in a minimum of time and effort if you follow the right methods.

When you become a York bar bell man, immediately have a group of champions to supervise and direct your training. Men who have proven their knowledge and experience by the great records they have created. Men who have won national strength titles. Men who have built beautiful, powerful physiques for themselves.

I could never understand how anyone could have confidence in the teaching of a man who had not established a world's record for physical gains. And the Special Self Improvement Contest demonstration of last fall when I also obtained sensational results.

I am a product of the methods I teach. I follow exactly the training methods I offer to all York Bar Bellmen. It is highly important that you follow the right sort of exercises in the proper sequence. If you train in a haphazard manner following only the exercises you think of, you will more than likely exercise some muscle groups too much while neglecting others.

The York Bar Bell Training System leads the world in enrollments and physical success. Why experiment? Enroll now for this proven and superior system.

Four Complete Courses For Only

\$5.00

With your purchase of the course you are entitled to our personal advice service. This alone is worth more than \$5.00. This single lesson in a gym might cost you \$5.00. Here you get the complete four courses which includes numerous lessons along with the valuable benefit of our vast experience all for \$5.00. Own the York System and you will own the best. Pay a \$5.00 bill to this ad and mail today to

BOB HOFFMAN
YORK BAR-BELL CO.

Dear Bob:

I have been training with an eighty pound York adjustable dumbbell set for seven months and I have gained thirteen and a quarter inches in measurements and thirteen and a half pounds in body weight. I now weigh 155 pounds and am five feet ten and a half inches tall. As you can see, I don't sit a little thin for my height. I am still a little thin but next, at Home Gym, a "Five in One" Outfit or one of the new summer specials, 210 pound iron bell set, courses and accessories. Could you advise me which one would be best for building a thick set body?

Very truly yours,

A. E., Montreal, Que., Can.

Answer: A gain of thirteen and three quarter inches in measurements and thirteen and a half pounds in body-weight is something to be proud of, but it is only a sample of what you can accomplish with advanced training. Heavy weights are required to bring out the full development. This is especially true of the powerful back and leg muscles. Experience has been that bar bells and dumbbells combined provide the very best results.

For this reason I advise that you order a 210 pound bell at least, with the accessories of the summer special. This may seem like considerable weight at first but you will be amazed at how rapidly you will be able to use this amount in some of the exercises. The bar of the 210 pound set can be loaded to five hundred pounds and you can always procure additional weight as your strength increases.

How to obtain best results is to constantly strive to handle more and more weight. Especially in those movements which involve the largest muscles of the body. The great variety of movements possible with the dumbbells and the barbell boasts an immense amount of creating figure and add to your strength too. There is one rule to remember. The more weight you can handle with your muscles to handle, the less time will be required in training and the more rapid gains will be your present gain.

Many of our pupils have gained as much as twenty pounds in a single month. This is exceptional but it does prove what can be accomplished with the right training methods. Much depends upon your ambition, the type of life that you have been leading, your ability to assimilate the food you eat and many other factors. Even the arms and shoulders need more than a hundred pounds to give them a thorough workout. The world's record in the 122 pound class is over 200 pounds in the one arm clean and jerk, and over 250 pounds in the bent over squat. Another man has lifted two hundred pounds, lifted the staggering total of 371 pounds. You should practice the correct elevation exercises to train the muscles in groups and those which involve all the groups in unison such as the lifting motion. Therefore your wisest choice will be the 210 pound bell or heavier. It will permit you to handle heavier weights in your training and you will not require so many repetitions to obtain a real workout.

Dear Bob Hoffman:

As I have an ambition to be a ball player I am writing you for advice. This year I played baseball for my high school with fair success, hitting two homers and having a good batting average. However my main handicap is that I do not have the necessary physique and the leg speed which is so important in baseball. I have been an ardent follower of your H. magazine which has been the most worth while magazine on the newsstands today. What interests me most is the "Five in One" outfit. I am building outfit. I am now saving money so that I feel I'll soon be able to purchase it. I am seven feet and five and a half inches tall and weigh 145 pounds. Do you think that if I train faithfully I would gain 170 pounds and become faster on my feet?

Yours truly,

M. C., Conn.

Answer: At your height of five feet eight, you should weigh 170 pounds by proper training. Wally Zagurski is five feet six and weighs 180 pounds and is a very nicely built. Broad in the shoulders, slender in the hips and the legs. Most men who weigh 180 pounds are 5'8" at least with a very perfect physique. The Five in One outfit is a splendid outfit. Thousands of them are used and great gains are reported by their owners. But to get the very best results you should use heavier weights in conjunction with the dumbbells, Iron Hoop and head strap.

If you prefer, for financial reasons or lack of training space, you can start with the Five in One outfit at this time and later purchase the additional equipment you may desire. As you become stronger and better built you will find that you can not only lift the ball harder and farther, and throw farther, but you will have a sense of timing and a judgment of distance that is hard to obtain in any other way other than through weight training and allied sports such as gymnastics, basketball and lifting.

We find that practically all of our pupils become much faster after taking up bar work. This is especially true in the short sprints. Of course it is important that you practice playing ball as much as possible as your physical ability produces the qualities that champions require. This strength, energy, endurance and coordination which are developed by constant practice, along the right lines, makes the champion in any line of sport.

We receive letters from many York bar bell men who participate in all branches of sport, who tell of their great improvement since becoming bar bell men. The sooner you get started with your weight training, the sooner you will realize your athletic ambitions.

Dear Bob:

I notice in your August issue under your training problems that a man is asking you what to do about sunburn. A new guy has just had sunburn and it affected his nerves and I have been touchy about getting out in the sun ever since, and I have irritated my nerves. A friend of mine told me about using vinegar and I want to pass the word along to all your other bar bell students. I just soaked it on and let it dry by itself and it sure does the trick.

H. V. O., Pulaski, N. Y.

Answer: I wish to thank Mr. H. V. O. very much for this tip. I know there will be a lot of sunbaked readers who will appreciate this bit to obtain relief from painful burns. This is hot these days. The sun is being burned greater than ever. So if you are one who has delayed getting in a tan, it's that too. But don't stay too long in a very hot sun the first time, but you can know that vinegar will provide relief if you do get a bit too much sun.

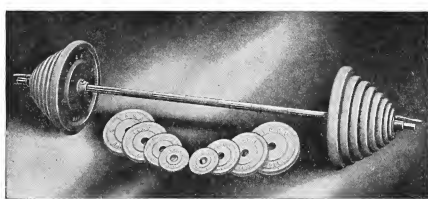
Dear Bob:

I just want to tell you how much I enjoy bar bell training. I have certainly made good progress since I enrolled six months ago. Now I have purchased it. I wish you would answer for me as I do not want to do anything that will affect my physique. I am a member of the club and Sundays we always go down to the beach and do some walking, swimming and throwing such other around and I was wondering if this is too much for three regular training periods a week.

R. W., Cal.

Answer: If you are training only three times a week at present and do not do manual labor in any way, it will not hinder your training to have these outdoor training sessions on Sunday. I have always favored doing some walking, swimming and throwing such other around and I was wondering if this is too much for three regular training periods a week. I wouldn't get nearly as much benefit from my own lined training if it were not for the fact that I lift

By Using A Bar Bell You Can Become A Physical Superman



THE SUPERIOR FEATURES OF THE YORK BARBELLS

With each outfit you receive one long bar and two dumbbell handles. The long bar is made of a special steel 3/2 times as strong as the ordinary cold rolled bars furnished with most other outfits.* The handgrips are knurled so there will be no slipping. On the long bar there are two "HOLDITITE" collars, an exclusive feature found only on York Barbells. The inside collars on the dumbbell bars are flanged to protect the hands. (More exercises can be performed with dumbbells than with kettlebells or any other additional barbell equipment.) There are four extra collars for quick changing of weights along with a special wrench. The plates are finished in black Japan and weight marked on. No other company can duplicate the new bar, the Holdite collars and the plate features. With each set you receive a chart of dumbbell and barbell exercises.

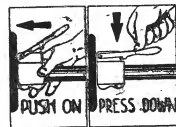
Every outfit is guaranteed against defects. Any broken or defective part will be replaced free of charge within a thirty day period. We give prompt and courteous service. When you own a York Barbell you own the finest progressive barbell made, in design, in quality and in up to date features.

PRICE LIST OF YORK BARBELLS

	The Four York Courses	
510 Lb. plate loading bell with knurled bar	\$38.00	\$43.00
410 Lb. plate loading bell with knurled bar	32.00	37.00
Revolving Deluxe Exercise Set. 260 lbs.	42.00	47.00
310 Lb. plate bell with knurled bar	25.50	30.50
210 Lb. plate bell with knurled bar	17.00	22.00
110 Lb. plate bar	9.80	14.00

WE RECOMMEND THE 210 POUND SET OR HEAVIER

A hundred pounds is a ridiculously light weight for the legs and back. A heavier bell permits the use of more weight for the leg and back, exercises that quickly build great strength and the symmetrical body you wish to have. A heavier set also saves a lot of changing as you can leave some weight on your dumbbells and still have sufficient for your bar.



Each York Barbell of 210 pounds or more is equipped with the new "HOLDITITE" locking collars. York has made it possible for you to change your barbell plates quickly and easily without the use of a wrench! The collar is just slipped on and the lever pressed down, it takes but a second and secures the plates much firmer than the old type of collar that needs a wrench. No other barbell has this feature.

By owning a York Outfit you have the world's best barbell but you should also have the world's best training system. The Four York Courses are the foremost treatise on body-building and strength. The new training principles which are amazing the entire world with thousands of physical successes have developed more perfect physiques and more present strength champions than any other known method.

The four York Courses consist of eighty different barbell and dumbbell exercises and contain nearly as many photographic illustrations. These courses teach you all the new exclusive York principles, the heavy and light system, irregular training, the value of practising every possible exercise and working your muscles from every angle to obtain greatest strength and shapeliness. Proper directing of your efforts, individual training and personal instruction guarantee your results. Bob Hoffman, editor of Strength and Health, professional heavyweight weightlifting champion of America, famous authority on strength exercise and health subjects, is your instructor, friend and counsellor when you enroll for the York Barbell Course. You receive this personal instruction as long as you want it.

* 110 Lb. outfit has four four steel pipe bar.

ORDER BLANK

Bob Hoffman,
York Barbell Company,
York, Pa.
Friend Bob:

I am enclosing \$..... in payment for the barbell I have checked above which I want you to ship promptly.

I am also enclosing five dollars for the Four York Courses and your personal instruction.

My Name.....

Address.....

City..... State.....

HEALTH HINTS

by
DR. FREDERICK TILNEY

DURING these sweltering hot days—for you in the North—every effort seems to be a burden. The stifling heat just saps your energy, making you peepless, listless and all in. No matter how ambitious you may be the unbearably hot weather seems to kill your enthusiasm to buckle down and exercise. And there is every promise of many more weeks of a heat wave throughout the greater part of North America.

I might mention here, a fact which most people do not know, that the Greater Miami area is the coolest place in summer. Florida is the water-cooled State, where the trade winds blow. Cool breezes sweep in from the ocean and it has been perfectly delightful here. The newspapers have told how many in the north have seriously suffered from the fierce heat and in the neighborhood of three hundred persons died from the hot weather while many nights it has been so cool here we have been obliged to add extra bed clothes to maintain warmth. It sounds funny that summertime in the tropics should be cooler and more comfortable than practically anywhere else in America, but it is so and each year thousands of northern vacationists are discovering it, too. So come south next summer and keep cool; and come this winter and keep warm!

Here are a few sensible suggestions of how to help yourself keep cooler and avoid letting the heat deplete you. 1. Wear less clothing, and what you wear see that it is lighter in weight and lighter in color. In Miami all the men wear are pants and shirt, no vest or jacket. Several times in New York City I was not allowed in certain restaurants and elevators because I didn't have a jacket on. This is downright stupidity and yet millions in the north are bound down by such silly conventions—wearing a dark colored vest and jacket and a hat and heavy woolen or worsted trousers—suffering terribly. And in their own homes and apartments they will cling to a collar and tie. Learn to discard all the needless wearing apparel and sleep at night in the nude. You don't need pajamas. Give your skin an air bath. Keep out of congested areas as much as possible. Bathe more frequently. In your own home wear cotton trunks and women need wear only "shorts" and bandanna. Go around the house with bare feet. Try it and see what delightful comfort this is. Keep in the shade, unless taking a sun bath. Make generous use of the fans. Get near the water as often as you possibly can. Visit to the ocean are preferable, but failing that take trips to a lake, river or swimming pool. So many people sit around and suffer and won't do anything to help themselves. Ideal conditions are not coming after you. You, yourself, must definitely DO SOMETHING to make conditions as ideal as possible, and it will surprise you what a little determined, concentrated effort will accomplish.

Eat more cooling foods, too. The heavy starches, puddings, pies, hot soups and sweet stuff, the hot cooked cereals all help make you hot and drain you of vitality. Your system does not need them this time of year. Ice-creams, sodas, sundaes, frappes contain sugar which is heating to the blood, and while they taste "cold" for a moment, they

(Continued on Page 15)

MEIN'S COLUMN

Conducted by
Sigmund Klein



THE "kettle-bell" has been for years a very important factor in developing strength, yet the modern weight-lifter rarely, if ever, uses it. This is partly the fault of the governing body of the International Weight-Lifting Association, for kettle-bells are not used in any contests under their auspices, hence contestants feel that it is useless to train with this "obsolescent" article.

I find the kettle-bell one of the most useful and fascinating of training apparatus. There are so many apparently simple exercises and lifts one can perform with this "Kougelstein" as the kettle-bell is known in Germany.

Possibly another reason so few weight-lifters use the kettle-bell is that they can only press about two-thirds as much with this form of a weight as they can with a bar bell. However, those that do use the kettle-bell will be more than repaid in development and strength. The wrists and forearms get very much work in handling this weight.

In my gym I have several kettle-bells, some with fixed handles, others with rings, and all of them of different weight. One of my favorite exercises is to stand astride with a kettle-bell between my feet and swing the bell up to the shoulder with one hand, then pressing it over head. Upon lowering it, it is again swung between the legs and transferred to the other hand on the upward sweep. I do this five times with each hand using a hundred-pound kettle-bell. I have been surprised at how few otherwise strong men can press a hundred-pound kettle-bell over head even once.

Of course I do not expect anyone but a trained athlete to try this with so much weight. They'll bring the bell up with about two-thirds of what you press with a bar bell.

There is another exercise I enjoy doing with this hundred-pound weight. It is the so-called "Get Up" and is done with a bar bell or a human weight. In performing this, the athlete lies on the floor and slowly raises up with a weight or his partner in one hand until he stands erect. Usually the lifting athlete will use two hands in bringing the weight he is going to "lift" up with one hand only. In performing this, the athlete lies down next to the weight and without the assistance of the legs, and slowly raises up with the weight. As he then come to the standing position, and lie down again with the weight. Many an athlete who has prided himself as being exceptionally strong has tried this stunt but with few exceptions they have not lifted the weight off the floor, let alone stand up and lie down again with it. Of course it takes a lot of balance and careful timing, but this stunt is a good all-around developer and am sure that you will get a lot of fun as well as general strength improvement. Just as I have from doing this as well as the other exercises that I do regularly in my routine.

HEALTH HINTS

make you unbearably hot. Use chilled fruit juices and fruit punch instead. Be generous with the use of lemon and limes, lettuce and celery, cucumbers and all salad greens including raw grated carrots and shredded cocanout. These with dates, figs, raisins, walnuts, chilled sliced pineapple and cold canned pears, cream cheese and pimiento will enable you to make a number of appetizing cold meals. Don't overeat this warm weather. The use of Vitamin B Concentrate, and other food concentrates will help you to defy the heat; and give your system that tireless energy and pep and strength you want. These marvelous foods will give you the incentive to exercise and thus maintain the good you gained during the past winter and spring. They will enable you to overcome your laziness, your inertia, your lousy feeling, your feeling of procrastination and enter into any task with joyous, vibrant enthusiasm. Now try to beat the heat with these simple, sure-fire methods.

Bob Hoffmann's

STRENGTH AND HEALTH! IN BUILDING OUTFIT!

The most popular and the biggest selling outfit which is illustrated in this magazine is Bob Hoffmann's famous 5 in 1 Strength and Health building outfit. And there are many good reasons for its popularity. Hundreds of these outfits have been shipped to all parts of the world and the Five in One outfit has been widely acclaimed as the world's finest body developing outfit.

Although the exercising set as a unit, known as the "Five in one" has only been offered to readers of this magazine for a few months, its parts have been well and favorably known for years.

First, it consists of the York eighty pound dumbbell set. Modern dumbbell training as taught by Bob Hoffmann has proven to be an essential in the building of great strength and shapeliness. The host of new stars of strength and development, and the strong men of York, have shown sensational results by using York dumbbells and Bob Hoffmann's dumbbell course. This is also included in the Five in one outfit. You will find complete details of the 80 pound dumbbell set on page 5.

The third item is a pair of York Iron Boots. Tying weights to the feet so that they can be exercised like the arms, is not new, but for the first time a device, the Iron Boot, has been made which straps to the feet. With the turn of a screw a dumbbell is held in place that can be graded in small increases up to eighty pounds. Amazing results are obtained with Iron Boot training. Many users report increases in leg size of an inch or more in a few weeks. Such greater strength, endurance, energy, and shapeliness are built. The Iron Boot is a device which is doing much to revolutionize physical training. It is ideal for all the family.

For the girl or woman who desires shapely legs. For the youth who wants muscle, increased strength and weight. For the middle aged man or woman who finds his legs weaker, weaker standing. They'll bring the legs back to life, and make a day's work so much easier to perform. They lengthen the usefulness of the legs of professional athletes. They lengthen the life of legs. A man is as old as his legs, a woman is often judged by hers. Legs are mighty important and the Iron Boot provides the finest leg developing system known. Rheumatic and sciatic pains react favorably to Iron Boot exercises.

The fourth item in the Five in One outfit is the York Leg Developing course. The most complete course in leg renovating or developing ever offered. It contains twenty good leg exercises. Tells you what the legs need and shows you how to get them. Follow this course with the dumbbells and the Iron Boot and soon you will have plenty of pep and spring in your legs. You'll feel like you're walking on air. You'll have new vitality and energy.

Fifth and last but not least is the specially designed Head strap. The most conspicuous part of your anatomy except your face is your neck. Age shows first in the neck; fat, double chin or seraway, it shows your age and lack of condition. All the vital centers from the organs to the brain pass through the neck. Neck exercises maintain the entire body, youthful the body. Laise every other part of the outfit the head strap permits progressive exercise. It includes an extra strap to support the weights used for resistance or the dumbbell.

The entire outfit can be bought separately from advertisements in this magazine for \$14.50. As Bob Hoffmann's Five in One Strength and Health building outfit it is priced at ten dollars. Mr. Hoffmann is so anxious to see one of these in the home of every family, that he is still offering this outfit for the special price of ten dollars, in spite of the greatly increased costs of all material of which it is made.

It's not certain that this price can be maintained indefinitely, so by all means get one for yourself and family at once. This outfit will last a lifetime. There is nothing to break or wear out. The entire family can use it and benefit greatly from its use. It will be worth its weight in gold when you consider the health and energy it will put into your own and your family. And it can be used in time to come by children and grandchildren yet unborn.

If you'll pardon some additional enthusiasm, it's the greatest outfit ever offered. In no other way could you invest ten dollars so advantageously. We have these outfits already packed for shipment. We can send yours immediately upon receipt of order.

SPECIAL ORDER BLANK

Friend Bob:

Enclosed please find my ten checks (\$10.00). I want you to ship me immediately the sensational 5 in 1 offer.

My Name

Address

City State



LOUIS DE ANTONIO of Norristown, Penna., a 175 pound bar bell man who practices hand balancing with Anthony Fiorito. Weight trained men excel at difficult hand balancing feats and Louis rates with the best.

"EVERY year the number of persons entering mental hospitals is almost as large as the number who graduate from colleges and universities. That is, for every educated young man or woman added to our adult society, one person has to be taken away because his mind or nerves have been unable to stand the strain of it. About as many beds are occupied by patients in hospitals for nervous and mental disease as in all other hospitals combined.

"Only lately have we learned to regard such people as potentially sick and in need of skilled help. And so millions of dollars are now being spent in an attempt to discover the causes which lead to mental breakdown."

Another contributor in the same magazine states that it is high time our homes satisfy our needs for security, safety, rest, refreshment, comfort, encouragement, recuperation, understanding, sympathy, courage; and says:

"How many people there are—perhaps you are one of them—who worry about conditions in their homes, are discouraged by them, or sick of trying to remedy them, or miserable over their inefficiencies and inadequacies; and the many maladjustments and turmoils and hurts of heart and unhappiness that are today spoiling or on the way to wrecking homes. Think of the homes—perhaps you have known some such—which have not survived the continued lack of these simple essentials of a true home."

The churches have not solved the problem. Doctors have not solved it. Neither have the psychologists. Something is radically wrong, you know it. But can it be solved?

The answer is "YES!" Thousands of our readers have solved it by following closely the Strength & Health life we advocate. However, an understanding and faithful observance of the principles of Bio-chemistry is the real key to the whole trouble, as I shall show. This is a new science and the more you are willing to investigate it with an open mind, without prejudice or deliberate bias, the more you will be convinced that most of the irritating and aggravating annoyances that exist in your home can be permanently eliminated. As I have stated, the members of your family may not be actually sick or diseased but you don't enjoy *happy, zestful* health. And less than that makes living a disappointment.

Be willing to follow closely all that I have to say and see for yourself if these methods do not bring a decided change of attitude in your own home. Understand this fact, that foods play a far greater factor in the disposition of your household than you ever before thought possible. It is downright nonsense to tell people to eat what they like, because that's exactly what they have been doing and what a sorry mess they are. If they are not sick, they are irritable, they are cranky, or lazy, or sluggish, they are failures, they have no ambition, they are indifferent, lack power of will, dull, listless, every effort is a burden, they are non-magnetic, they are not VITAL, they are not ALIVE, nor BUOYANT or RADIANT or EFFICIENT. Their nerves are on edge, they have freakish desires, fussy, get in a groove, their minds are slow or confused, they do wild deeds, fly off the handle, emotional, stubborn, brooding, peevish, quarrel quickly, worry about trifles, they whine and are easily disheartened.

Do you know people like this? Of course you do! And it's no pleasure having them around you, is it? Well, the cold facts are, these people are simply victims of mineral starvation. Because YOU do not know anything about the mysteries of bio-chemistry (and it is not likely that you do, because it's so new)

don't flippantly say: "Bah! how can little minerals affect people like that!"

You have only to make a test in your own home and you'll mighty soon find out . . . to your pleasant surprise, I'm not writing to amuse you, but to HELP you. Learn to be open to conviction, especially when it is all for your own good. While other publications point out the sad facts and inquire: "what can be done about it?" I'm telling you what to do and why.

The lady whose letter I quoted in part tells herself "what's wrong" in their household. Lots of ham and other pork meats, oatmeal for breakfast, cake and doughnuts, pickles and condiments of all kinds. Eating that stuff for years no wonder there's trouble! No wonder the poor old lady is all worn out! No

Eating for Health &

wonder her daughter has heart spells and the son-in-law has sinus trouble and all the family in a constant friction. They just don't get the foods which build "happy health." They eat a lot, but they are mineral starved.

In the same magazine from which I quoted the editor's startling remarks, are a number of recipes for making foods "sweet, sour and spicy." Here is the recipe for making "pickling sirup"—4 cups of sugar, 4 cups of vinegar, 1/2 teaspoon oil of cloves; 1/4 teaspoon oil of cinnamon . . . and so on. Advocating with pork chops "chili sauce, apple butter, apple ketchup, sweet watermelon pickles." There is a full page of such "foods." No doubt they do snap up the flavor of other foods . . . but what do they do to your *disposition*? Millions of people are eating such food products each and every day. Indeed, the housewives and cooks and chefs wouldn't think they had prepared a good meal unless it had all these relishes, pickles, spices, sweets, condiments, puddings and other fancy corruption, misnamed "food."

These are the products that are at the root core of so much family inharmony, scratched, irritated nerves. They taste nice but they do not contain the elements to build healthy bodies nor happy, congenial dispositions. THAT'S what's wrong with us, anyway! Pickles, spices and condiments not only bring on ulcers of the stomach and intestines but

leave the nerves raw; and "raw" nerves are irritable, cranky nerves. They make the blood impure and poisoned blood feeding the brain tissue is not conducive to wholesome thinking.

You may not use much of these foodless "foods," but a little used each week over a period of time brings on the friction which exists in most homes today. With many, it is not serious enough to develop into ulcers, but it is sufficient to take the keen edge off the nerves. Then, as in so many families, other devitalized foods are eaten daily and continued year after year it is not at all astonishing that for every graduate of all the colleges, some person has to go to a hospital. They just "crack." And cement "cracks," too, if the right ingredients and proper proportions are not put in it.

Strength

By Dr. Frederick Tilney

Quite a number of young men and women will read this and say: "Phooey! I'm all right. I can get away with it. These so-called 'dead' foods don't bother me." Yes, you can, undoubtedly get away with it for several years. Slowly, imperceptibly at first, you may not notice any signs or indications that you are being affected; but it is, nevertheless, a gradual, steady breaking down of your tissues. You young men, look at your mothers and fathers. Is their health perfect? Are not they slipping? Don't they suffer with this, that and the other thing? Have they youthful looking, attractive, well formed bodies? Don't they show signs of age? Is their disposition always as congenial as you would wish? Looking at them is in reality like getting a "pre-view" of how you will be before you get their age—unless you do something definite about it.

Most wives are in the habit of serving similar foods to what their mothers served because they are used to them. Most husbands have to eat what's put before them, whether it is suitable for them or not. In the better class homes the cooking and food planning is generally left to a colored girl who has absolutely no knowledge of dietetics. I know personally of many families, in my own community, who are or have seriously suffered in health, because of their dependence of leaving the most

important job of the home—meal planning—to their colored help.

I am not advocating anybody to "diet." What I do say is this—eat a reasonable abundance and large assortment, during the course of each month, of living, vitalized food and stop eating foodless food. In so doing you are not "dieting." You are merely using common sense. People are so fussy about the shade of their lipstick, the color of their tie, or their clothes and so many other things, yet when it comes to the selection of the products which *makes them*, rebuilds them, they use *no* sense. Learn to give due consideration to the things that *really* matter, that affect you *vitality*. Eating and food selection are far more important to you than you believed. There's more to eating than merely to fill up an empty stomach, or because the stuff momentarily tastes nice or looks pretty, or because it's "meal time" and therefore time to eat, regardless of whether you really need food or not.

Good wholesome foods will generate more than nine tenths of all the magnetism the body needs. It is Nature's intention that this should be. You cannot be "magnetic"—which expresses in one word the *vitalized happy* health I'm referring to—when you are cranky, out of sorts, mean, surly and annoyed. Vitalized foods tend towards the healing of all diseases; they drive away pain by removing the congestion and substituting wholesome flesh for that which was imperfect. Such foods supply power, energy, endurance, because the nutrition is *ALIVE* and turned into vitality. To you, who are seeking the answer to "What's wrong?" I say—avoid putting trash foods into your mouth; then for at least seven days live exclusively on cleansing foods—foods which will get rid of the accumulated toxins in your body. After that, eat nutritious foods which will build you up. It's really very simple.

If you have a normal appetite you don't want your foods creamed and sauced and spiced and unnaturally flavored, nor any of the other foolish, fancy frills, disguising foods so that you don't know what you are eating. Don't accept this kind of stuff when obliged to eat in restaurants as well as at home. Housewives can save themselves no end of time, effort and energy by not making these mixtures. Eat plain food, the simpler the better. If you are *really hungry* you'll enjoy such meals with the keenest kind of relish, you won't need any artificial sauces and spices and ketchup and vinegar and condiments to jazz up the flavor.

I have explained in the past that there are many different chemical types of individuals, but they come under three main headings, the vital type (those inclined to put on fat easily), the mental

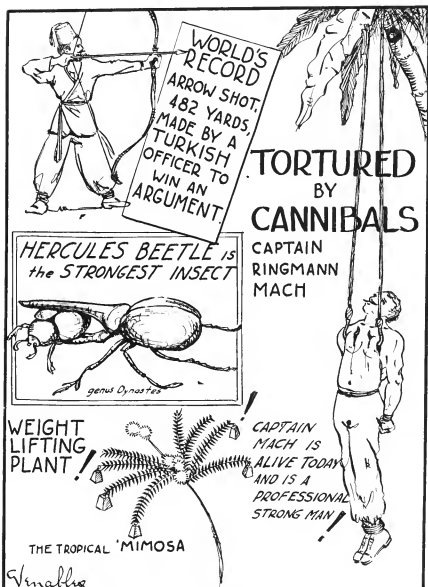
type and the physical type. This latter type find it more or less easy to build a rugged, muscular and healthy body and can assimilate much the other types cannot. The mental types burn up a lot of phosphorus. They usually work under high tension and exhaust the supply of this precious element too rapidly, before it is adequately replaced (by eating an abundance of foods rich in phosphorus) then we get the nervous breakdowns, the nervous and mental wrecks. A lack of this mineral makes the nerves irritated. The will power, the power of decision and mental concentration, becomes weak and unreliable. These types of people argue and quarrel. The feet, eyes, the fingers and head all become restless. They become weak, timid, afraid of the dark. Noise, rush of trains, crying of babies, jangle and din of moving machinery upsets them. School children denied sufficient phosphorus are dull, stupid and lack the ability to grasp facts. Their writing is clumsy and awkward because they cannot control their fingers. You business executives who want to increase your sales and your efficiency, who desire to convince your prospects better and be able to use your brain more vigorously try eating more phosphorus foods. It will put vim and snap

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JAMES LIPPI of Oklahoma City, Okla., formerly a marathon runner, now a well known bar bell man and chairman of the Mid-West Y. M. C. A. Lifting.



Incredible But True



in his breast. Another feat equally impressive was the bending of a three quarter inch iron bar in the unhealed wounds. The bar would be pushed into the slits and two men would come up from the audience and bear their weight on the ends until bent. Mach is now past sixty years and no doubt had a splendid physique in his youth much of which is still evident. He is still touring the United States and may be seen in vaudeville and on the fairgrounds.

* * *
The world's record distance for shooting an arrow from a bow was made by a government official as the result of an argument. In London, England in 1795, Mahmoud Effendi, Secretary to the Turkish Ambassador, was discussing the role of the bow as a weapon of warfare with an English official of the Diplomatic service. The Britisher stated the English long bow, introduced at the Battle of Crecy, was the most superior weapon and could cast an arrow farther than any other type. The Turk insisted the heavy Turkish bow of more than 100 pounds draw was the better and cited the case of the Christian Army in one of the later Crusades whose soldiers were killed by the Turkish arrows while they were still more than fifty yards out of range. The Englishman doubted this very much, and, to prove his story, Effendi removed from one of the exhibition cases in the Diplomatic Building a Turkish bow of the Seljuk Period and from the porch of the building in view of many witnesses cast a shaft from the bow a distance of 482 yards! One hundred and twenty-six feet more than a quarter mile! The distance was measured and authenticated by officials and to this day that record, made 142 years ago, has never been equalled or surpassed. The bow and shaft have been preserved by the British Toxophilite Society.

* * *
One of the most amazing creatures of the insect world is the Hercules Beetle, aptly named indeed, whose strength is prodigious. The length of the male is about six inches, made up for the most part by its exceptionally long mandibles. Travellers from the tropics tell us that a heavy plate, weighing as much as two pounds, can be placed over a beetle of this species without retarding its progress. It can drag 800 times its own weight along the ground!

Apparently of a distrustful nature, the male has a unique method of insuring the faith of his mate by carrying her with him at all times. When Mr. Hercules Beetle decides to forage for food he picks up the Mrs. in his

(Continued on Page 48)

A STORY as incredible as Gulliver's Travels is that of Captain Ringman Mach. Captain Mach, a German explorer, some forty years ago was captured by cannibals in the remote wilds of Patagonia. This fierce tribe practiced a religious ceremony which consisted of torturing their captives by inserting hooks into the flesh of the breasts and hanging them to a high tree. There the unfortunate victim would remain until death relieved him of his agony while the tribesmen stamped in a frenzied dance to the beating tom-toms beneath the hanging body.

Captain Mach was submitted to this fiendish torture. A sharp hook was forced into each breast under the tendon and he was hoisted aloft and for hours was suspended in this manner much as a butcher would hang a beef in his store window.

But Mach was a hardy victim and did not succumb or lose consciousness and the cannibals, amazed at his courage and ability to withstand such punishment, released him from the torture but held him captive for nearly twenty years. He escaped to Central America then later came to the United States. At a loss for an occupation and having with him many exhibits and curios from the savage world of Patagonia he turned to the vaudeville stage.

His act, while somewhat gruesome, was an astounding exhibition of the strength of human flesh. Captain Mach lifted from the floor at every performance a 250 pound barbell with hooks attached to the slits, left by the torture,

**By
Gord Venables**

Another Weldon Bullock

By NORM MILLER

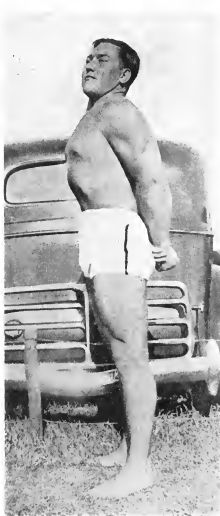
IN 1933 Weldon Bullock, a member of the York team, startled the world by cleaning and jerking 300 pounds on numerous occasions. The climax of his lifting came that year when he had the honor of making the highest clean and jerk at the national championships at the world's fair in Chicago. This lift was 308 pounds. Shortly prior to this in official lifting he reached 310 in the clean and jerk.

No other youth of his age had officially lifted 300 pounds. The world is a big place and when you consider that no other lad of seventeen before or since in any other part of the world had succeeded with such a splendid lift, you'll get some idea of what a great performance it was. The years went by. Weldon went to college, trained in his room irregularly, and now back in York he has reached 350 in the clean. He'll go up and be one of the greatest in the world.

Weldon started to train when he was eleven; at fifteen he was a young giant in muscular size and power. No wonder he was good at seventeen. Strength and Health was not in existence back in 1931 when we first heard of Bullock, nor in 1932 when he came to the national championships in York and cleaned and jerked 247 pounds. He wasted much time following faulty training methods which retarded his progress. Otherwise I fully believe that he might have reached four hundred in the clean by this time. I am sure that he will make such a lift yet.

Now there is another young man of seventeen who has clean and jerked 300 pounds on several occasions. He's the second man of this age in the world to make such a lift for no other of the world lifters at so youthful an age has been able to clean and jerk 300 pounds as yet. John Roach, Jr., of Somerville, Mass. is the man I have reference to. Unlike Bullock who had years of bar bell training behind him, leading up to his great record, young Roach never saw a bar bell until a year ago. His progress was phenomenal.

At the age of fifteen John Roach was a fat boy. He admits that he was slow and clumsy, had no inclination for games or sports, and had no ability for them. He was the butt of all his comrades' jokes and didn't feel that he was in a position to offer much in the way of rebuttal when they called him "fatty" or "porky." But I pity the fellow who would start something with John now, for what a transformation there has



JOHN ROACH, seventeen years of age, the latest phenomenon in the strength world. The second man in the history of the world to clean and jerk three hundred pounds at so youthful an age.

been. Even his relatives can't believe it's true.

The subject of this story never felt well when he was greatly overweight; 245 at a height of 5 feet six was a lot of weight. Constantly ailing he was persuaded to try various diets that he read about in books and magazines. He tried one after the other and before he knew it he was really sick and weighed about 160 pounds. He had lost 85 pounds. He finally learned the error of his ways, started eating real food and the fat came back. He felt better, but he didn't like to be fat.

About that time he dropped in at the Y. M. C. A. in Somerville, and there he saw husky, athletic men for the first time. He tried boxing and wrestling, learned something of hand balancing

and tumbling. In a recent issue we had a picture of Bill Malyn. This man became his training pal and gave John much important advice. Bill told John that wrestling, boxing and balancing were a lot of fun, were beneficial exercises, but if he wanted to really be strong he should lift weights. That's the way Malyn built his unusual muscular development which enabled him to succeed as a professional balancer and tumbler.

So John obtained access to the four York courses, a bar bell and spent much of his time reading Strength & Health magazine. From his weight of over two hundred pounds, he trained down to 173 pounds. He followed the right training methods and made rapid progress. Unlike so many, who retard their progress by following conflicting training methods, he had nothing to unlearn. He made S. & H. his bible, believed every word in it and made use of every living and training idea it contained.

And I believe he had more sensational results than any other man. Remember that he started exercising October 7th, 1936. He followed the courses exactly as outlined, except that he was young enough and energetic enough to perform a great many more exercises than those contained in the courses. Some men can do too much. But that John could stand intensive training, the fact that he was fat showed that he had competent internal organs; and when they were turned to supplying and building his muscles, as demands were made upon them through weight training, he started to "go places" in a physical way.

He used the heavy and light system, practiced irregular training, with a very heavy day once a week. He constantly tried to handle more and more weight. And finally he reached the point of being able to perform ten deep knee bends with 370 pounds. Ten dead lifts with 450 pounds. He learned to pick up an 80 pound plate, one and a half inches in thickness, with the fingers alone. He tears a deck of cards in eighths and performs 6 military presses with 200 pounds.

He likes dumbbell training and became proficient in one hand pressing and lifting. He easily elevates a heavy man to arm's length overhead, in a variety of positions and with a number of methods.

In the beginning he practiced body building exercises and then progressed

(Continued on Page 46)

No Fun To Be Bald

MEN have been losing their hair throughout all of recorded history. Some of the earliest written records of Egypt and China refer to the barber profession, and several passages in the Bible allude to barbers and their craft. In 500 B. C. the care of the hair had become quite an art in Greece and only two hundred years later it was an important problem for the Romans. The great Julius Caesar, who came into this world through a maternal operation still known as a Caesarian operation, also showed his modernity by being bald headed.

Many of the great men in history have had little or no hair. Kings have been bald in spite of all efforts to the contrary. No doubt this gave rise to the custom of wearing wigs, followed for some centuries by the subjects who endeavored to copy the fashions set by their kings.

Now, however, a bald head can not be hidden so simply, it stands out conspicuously and ugly. A very few wear toupees, but toupees are uncomfortable and most men will not tolerate them. There are several thoughts of consolation for one who is bald. The story goes that grass can not grow on a busy street although some one might unkindly reply that it can not grow on concrete either. But the fact does remain that a

large percentage of those who are bald are men of physical and mental vigor. Bald headed maniacs are about as rare as the proverbial frog's hair and hen's teeth.

Bald headed men are so common, the opinion is so general that nothing can be done for them, that they are seldom ridiculed openly. But many remarks are passed behind their backs, the least of which may be "baldy," "grandpa" or "billiard ball." If a man becomes bald prematurely, as too many of his fellows do, he loses much of life. For obviously a bald head is a real handicap in love and business. It creates the feeling among your associates that you are older than you are and may not be as vigorous or will not be able to serve as long as someone with more hair. Often a good opportunity is lost.

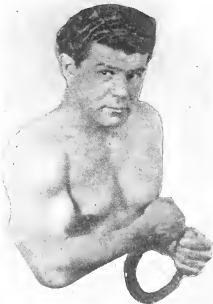
The popular conception of the hair is based on sheer ignorance and even the greatest experts have some peculiar and erroneous theories about the causes of falling hair. Some authorities think it is solely a matter of heredity. Apparently it is not, for there are families in which most of the males have thick hair while an occasional one does not. Heredity may be responsible only in the limited sense that men of the same family will probably have the same living conditions.

Lack of calcium is another theory. Still no one has adequately explained why calcium will grow a beard quickly enough to require shaving every day, why it will provide enough hair to cover the body, and yet in the meantime only neglect the top of the head. Therefore diet and calcium are not the entire answer. They are essential. If one is healthy, eats the proper food, has a pure blood stream, has a powerful heart action, circulation will be better and the hair roots will more likely be properly fed and live longer.

Yet many of the most vigorous men are bald. I have seen All-American football players who had little

hair in college and were completely bald before they were thirty. As a rule they have been very successful in their chosen professions.

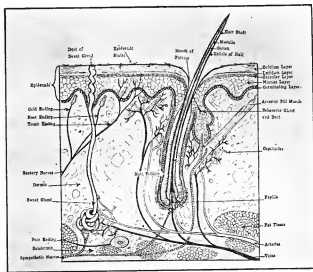
Evidently the cause of the trouble is more complex than either heredity or a lack of calcium and hair growing qualities of the skin. I have come to believe that perspiration is the chief destroyer of the hair. I think that this explains why so many healthy men, unusually healthy men, are bald. Try to recall the names of men you know. At least ninety per cent of those who are bald are heavy men: sometimes muscular, more often



EDDIE POLO, a well known vaudeville performer, who, among other amazing feats, lifts a 150 pound man by his hair!

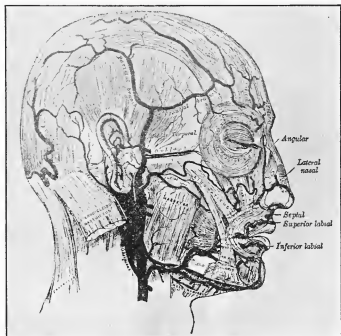
fat. They are men with good digestion, good assimilation; men who easily acquire big muscles if they exercise but quickly get fat if they continue to eat heavily while remaining idle. These men have healthy and active organs and glands, including the sweat glands. Watch them wipe away sweat in this hot weather. Recently the state convention of Knights Templar was held in New York. The Templars lined up for a parade in front of our windows here on Broad Street. Although Knight Templar uniforms are thick, they should not make an inactive man perspire so freely as some of the hefty paraders, who accomplished little else than mop their foreheads of recurrent dampness. The thinner men seemed to be comfortable.

Very often you see a slender person,



Above is an illustration of a minute part of the scalp. In this cross-section you may see the condition that exists in a healthy head of hair when the subcutaneous fat is intact. Note that a hair can not be pulled out by the roots, for what one mistakes as the root is only fatty matter from the follicle. The actual root is termed the papilla fed by a capillary, or small blood vessel.

By The Editor



The major blood vessels of the scalp which feed the hair. Note how the blood vessels conform to the lines of the hair. Impairment of their circulation through a tight scalp is a contributing factor to premature loss of hair.

usually a woman, who does not perspire noticeably at all. There is a uniqueness in the vitality of women keeping them warmer while swimming in cold water, for instance, than a man; thus they do not perspire so readily as a male. Divergent explanations have been advanced as to why women rarely experience baldness. Greatly lessened perspiration, I believe, is the paramount reason for women not losing their hair to the extent that men do.

Here is more evidence to support my theory. Two or three generations ago writers of travel books often mentioned that Indians and Eskimos were never bald. These recently savage peoples inhabited cold or at least temperate regions. Normally their hair was oily and often they used it to wipe their greasy fingers upon. There is a small number of bald headed colored people in this country. Still fewer are found among the primitive races of Africa, for during ones of time the type and color of their skin and the construction of their hair have been improving in the process of evolution until now it is comparatively easy for them to overcome the ravages of heat and perspiration.

Other uncivilized races, living in hot climates, are inclined to be bald. Did you ever see a motion picture of the Maoris of New Zealand? The Maoris have the greatest natural strength and

the most outstanding physiques of any other primitive people. They have huge bones, muscles and ligaments; they are very athletic and active. Yet a large number of them are bald headed. It is not because of tight hats, for they do not even wear hats. Isn't it reasonable to believe that the excess perspiration of the powerful males of the species is responsible?

Understand, I am not trying to prove that only strong men become bald. There is no denying that many of them do.

To these muscular men I add fat men who get fat through a very large appetite and sound organs without bothering to exercise. Cases that seem to be exceptions to my hypothesis have hair of such construction that even profuse sweating will not harm it.

Someone foisted upon the public the idea that hair should not be washed too often, that it is injurious to stand under cold showers and to swim too frequently with the head exposed, that water washes away the natural lubricants of the hair, weakens it and in time causes it to fall out. Consequently many men wash their hair very seldom. Perspiration, with its salts, minerals and other waste products, remains on the scalp; the aftermath of this dirtiness is far more harmful than washing would be. Dandruff forms, dust and grime collect and the hair assumes a very unhealthy condition. Some persons have such active oil glands in their scalp that the loss of hair could be attributed to an oversupply of oil. Frequent washing will alleviate this condition; vaseline, olive oil or some of the better hair preparations, including liquid vaseline, are the best

cures for dryness.

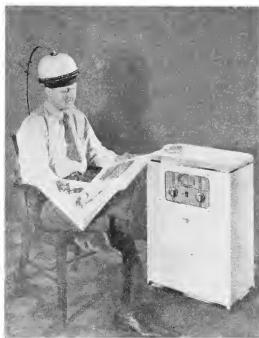
As you can see from the illustration, a hair is deeply rooted. It receives its sustenance principally from the subcutaneous blood vessels. When the condition characterized by a dry scalp is allowed to continue for a long period of time, the fatty tissue interspersed with sebaceous glands becomes thinner and thinner until finally a hair is so crowded for living space and nourishment that it fails to grow. We may say that this fatty tissue is the dish out of which the hair eats, for without this dish the blood can not reach the hair to provide it with the necessary food to maintain it in health.

Formerly, wearing hats too much of the time was supposed to decrease the amount of fat below the surface of the scalp, because, analogous to trees and shrubs, the hair needs plenty of breathing room. But hair is not like the trees and flowers, dependent almost entirely on the sun for development. A person with a normal scalp can expose it to the elements week after week and year after year, seemingly without any loss of hair. But an unhealthy pate will not stand exposure. It requires the protection of a covering. I am acquainted with men who, persuaded that they should go without a hat, have had their hair to fall out in bunches during the hot weather.

That shaving the head and letting the rays of the sun beat on it will not promote the health and stimulate the growth of the hair, is another popular misconception. For an example, at the Olympic Games a majority of the German newspaper correspondents and officials were hatless and had their heads shaved. It

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The Xervac at work. Scores of thousands of men are now saving and regrowing their hair through these treatments.



How To Look

MOST of the readers of this magazine are interested in the articles it contains for two reasons: to be well and to look well. To obtain these desired conditions, exercise is absolutely essential. Every organ and every muscle grows in size, strength and suppleness, and improves functionally, when it receives proper exercise. All parts of the body, including even the muscles of the face and neck and the roots of the hair, lose their qualities of strength and elasticity and quickly atrophy, if they are not used.

A good appearance is to be desired, not only to satisfy one's vanity, but to ease the labor of acquiring so many of the cherished things of life. We are judged, and justly so, by the impression we make on our neighbors, for one of the most widely known laws of human nature is that our appearance is a sign to the rest of society of what we really are and how we live. It behooves all of us to keep up appearances. Clothes will help to hide an ugly, thin or fat body. But they will not conceal the repulsiveness of a scrawny neck, a whole series of extra chins or sunken saggy cheeks, pouches under the eyes or a myriad of wrinkles on all parts of the face.

The appearance of the face is most important to anyone of either sex. A poet has said that something dies in a woman the first day that she can not arouse admiration in those she wishes to attract or those she loves. Business men are finding an increasing need for a good appearance and thus spend more and more and more time making themselves look well. Very often it means a new position or helps them to close a business deal.

How often do you see a finely built woman with a wrinkled, old face? Too often when you see one, you are looking

The deep lying muscles of the face, upon which our appearance, our youth and beauty depend. The face has more muscles than any other part of the body. Many of them are involuntary and require massage as an exercising medium.



at a person who has been active enough to keep the muscles of her body alive and pliable but who has neglected her face. Lines of age furrow into the deteriorated flesh of her face, her skin sags and the brisk spirit of youth has long since gone. Youthfulness can be retained, even brought back to a great extent, through intelligent care of the face.

And by care I mean exercise of the face. There was a time when beauty parlors and barber shops spent their time trying to beautify the skin apart from any consideration of bodily functions. But passing years of failure to paste beauty to the surface have proved that it is more than skin deep. Now any master barber who really knows his trade has made a study of digestion, circulation, muscles, nerves, the skin, blood supply and similar subjects. He knows that beauty can not be produced except through proper feeding, proper elimination and exercise of the muscles.

The muscles of the neck can be exercised easier than any other members of the anatomy. And if they are, the signs of age which usually first appear at the neck, can be deferred for many years. Many muscles of the face, with involuntary motivation, have to be massaged to give them the exercise which they could not furnish themselves. After all massage is only a form of exercise.

Scores of muscles, you will observe from the chart, compose the face and neck. While these muscles are firm you will be attractive and youthful. But when they shrink through neglect, your youth is gone. You need exercise to keep alive every muscle, tendon, ligament and organ



An excellent massage exercise to produce a clear cut chin and throat and remove an ugly double chin.

from the time you first crawl across the floor as an infant until the shadows fall on the end of your life. The physically most perfect man or woman in time will surely slip into needless impotence, if he or she, as the case might be, does not exercise. If you want to be well and look well you must work for it; you must exercise. There is no short cut. You may diet as much as you like, you may stuff yourself to bursting with health foods, you may saturate your system with all the medicines in the land, and still you will not better yourself unless you exercise all parts of the body to keep them enlivened and to help remove the waste products from the system so that it will always be clean and healthy.

Many of you have learned that it is necessary to exercise the muscles to be strong and active, to be healthy, to live long, and to look the part of a real man or woman. And just as you have learned in your case and from hundreds of other cases that have forced themselves to your attention, that muscles of the body, when they are exercised, will certainly grow in strength and suppleness, you must realize that exercise will improve the appearance of your face and neck, constantly exposed to the view of those we wish to impress favorably. What we want from life, whether it be a new position, a new husband or wife or any of the less important things, is gained wholly, or at least partly, by our

Young

inactive, but some of it remains, accounting for the growth in size and strength.

This same principle of movement or exercise of the muscles in the form of massage will bring startling results to injured parts. You may easily prove this statement for yourself should you ever have an arm injury. With a light dumbbell, fifteen

pounds or more, in your hand go through the movements of a simple press or curl, and then rub, knead, roll, and pinch the affected muscles. If it is a part other than the arm you will need assistance. Athletes who have injured limbs from performing risky feats, and those who have been temporarily crippled in any other manner, will find this combination of massage and exercise conducive to surprisingly rapid results.

Massaging the muscles of the face and neck during their exercise is a method based on the identical principles of physiology as those employed by injured athletes.

The most beneficial movement that I could possibly suggest for our purposes here is, with an exaggerated smile on the face, to open and close the mouth. With the heels of the hands rub the muscles bunched up by the smile, opening and closing the mouth by manipulating the muscles far below the surface. This will quickly build up the muscles of the face and will eliminate any lines that have started to form. Soon you will lose those sagging hollows.

In 400 B. C. Hippocrates wrote, "Hard rubbing binds, soft rubbing loosens, much rubbing causes parts to waste, and moderate rubbing makes them grow." So there are about two thousand years behind the suggestions that I am making. If the face is massaged gently for two minutes, that is two minutes for each section, it will be soothed. Increasing the time to five minutes with the same pressure will effect moderate general stimulation, but increasing both the time and pressure spent in massaging will be detrimental to the face. It will wear away the fatty tissue underlying the

appearance. Observe the muscles of the face. You will see the broad bands of muscles extending over the chin and jaw, the mass of muscles surrounding the mouth. Once these muscles have weakened, the mouth droops and quickly assumes the flaccidity of age. Note the circular muscle surrounding the eye and the bands of muscles running parallel to the nose. Although some of these muscles are on the surface, some lie deeper; they all require attention to preserve their youthfulness. In the past making faces has been used as a means of developing the muscles of the face. I do not believe the claim that in time such a system will cause the face to be lined. I do know, however, that it takes several times as long to exercise the face through the operation of the voluntary muscles as it does by the hands.

For a great many years now, it has been known that the pressure of the bands or straps upon the muscles as they are being exercised will make them grow and strengthen even more rapidly than they ordinarily would with exercise. Pressure during the alternate tension and relaxation of the muscles draws an abnormally large supply of blood to them and, therefore, a greater distention of them. You must have noticed that your measurements are larger immediately after exercising. Some of this disappears later while the muscles are

By
ROSETTA HOFFMAN

skin and will thus create a gaunt expression which is far from attractive. The right amount of massage is imperative. You have numerous subdivisions of the face and neck to work upon, but you can spend fifteen minutes to half an hour on them with beneficial effects.

The anatomical chart outlines the muscles of the face which should be exercised and massaged. The cheeks are supported by eight muscles, four on each side. Starting immediately below the eyes and attaching to the cheek bones, they descend to the strong muscle surrounding the mouth and then, lower down, to the wider and more powerful muscles of the jaw. In the early years of life these muscles support the skin and tissue, giving the cheeks the smooth, full expression characteristic of youth. As time advances, however, they, like the thighs or forearms when they are deprived of exercise, will shrink, losing their strength, size and shape. Consequently, the skin without adequate support laps into wrinkles by falling into the creases between sagging muscles.

Sunken muscles underneath the surface of the skin signify approaching physical age. The only solution is both to exercise and to massage these pitted areas. At the beginning fifteen stroking motions will suffice in a period, but thereafter they should be increased each morning until you are able to judge from the results what length of time is most appropriate in your specific case. You should rub both cheeks simultaneously, for in addition to building all the muscles of the cheeks, this will

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A result: producing exercise to bring back or retain the youthful lines of the jaw. A few minutes facial exercise each morning will bring huge dividends to both men and women in preserving their youth.



Appearance is so important with both men and women. This exercise is one of the best. It removes sagging lines, crow's feet; it strengthens the muscles.





The broad backs of champion lifters. The latest photo of the Paris bound York team of DICK BACHTTELL, TONY TERLAZZO, JOHNNY TERPAK, GORD VENABLES and DAVE MAYOR. Can you recognize the back of each man? Next to the biceps, the latissimus dorsi muscle is the one that most body culturists pay most attention to. It provides the much admired sweeping curve that only advanced strength athletes develop.

DOWN through the ages broad shoulders and a deep chest have been looked upon as an outward sign of physical supremacy. With these two parts of the anatomy fully developed, along with a wide muscular back, a man is certain to have a powerful upper body. For when one has practiced exercises to bring his torso to its ultimate development his arms are sure to be developed proportionately.

In this article I will not go into the details on how to develop the deltoids to their maximum size as a means of acquiring broad shoulders. Instead I will tell you how you may increase the volume of your rib box, and how to make the bones of the shoulders spread outward.

First let us straighten out one point on the question of back development. When speaking of the broad of the back, one does not merely mean that part which is so wide at the top, but one means also that part, directly above the waist, which spreads outward to the shoulders. A broad backed man is he whose latissimus dorsi muscles resemble a fan starting to open up in a beautiful curve from the waist line toward the shoulders. One may have broad shoulders without having a broad back in the true sense of the phrase. This type of

individual usually has two straight lines running from the waist to the shoulders forming a simply shaped wedge. These lines must be curved for one to have a beautifully constructed back.

Roman ring performers as a rule have marvelously shaped latissimus caused by the constant use of this muscle comprising the larger portion of the back. In every stunt that is performed, this muscle, the most powerful of the upper body, is put into vigorous action.

Perhaps you have noticed some extraordinarily well built athletes who appeared to be broader across the shoulders when viewed from the rear than when seen from the front. This illusion is caused by the great width of the latissimus dorsi muscles. Thus a truly well shaped back makes a man appear considerably broader than he really is.

If you will faithfully follow the exercises that I shall describe in this article, you too may broaden your shoulders and the size of your latissimus muscles. The first exercise will help bring the pectoralis major, better known as the chest muscle, closer to perfection of size and shape. The breadth added to the muscles of the back and the deepening of the rib box with the pectoral development will mean a much larger chest for you.

The exercises that I suggest will also develop the muscles along the side of the rib box that are known as the serratus major and serratus minor. These muscles will increase in size and, therefore, tighten up; consequently stretching the rib box open until it is as wide at the bottom as it is at the top.

The first of these exercises are performed with overhead pulley weights, using straight arms throughout the movements. The arms are pulled downward to the side. In the meantime exhale all the air in the lungs. Then inhale very deeply while the hands are being hoisted to arm's length above the head. By the time the arms reach the highest point the lungs should be completely filled. This exercise should not be practiced too fast and should be done at two separate times, with twenty repetitions at each period. It would be best to use this great lung developer only five days a week for about two months.

It might prove interesting to make a measuring stick and measure the width of your shoulders when you begin to do this exercise in your training schedule. If possible make your measuring stick something like that used by the shoe salesman when he measures your foot. That way you can watch the progress

Broadening the Back

By ED HOFFMEISTER

you are making. In my Physical Culture Studio here in Indianapolis many have gained as much as an inch and a half in only one month of exercising with the pulley weights.

A good place to put these overhead pulleys is in a garage or attic or somewhere they can be attached to rafters or a good strong ceiling.

Another exercise is known to all bar bell men as the rowing motion exercise. In the ordinary rowing exercise with a bar bell the performer bends over at the hips and simply pulls the weight to his chest. The new way to do this movement is on a bench about thirty-four inches high. Pull the bell up to the bench or board on which you are lying face downward. By doing it in this manner the upper part of the body, instead of the lower, receives all the resistance. And, too, in this position you will be unable to yank the weight up; you will be forced to do the exercise correctly, to use only the muscles for which this exercise is designed to benefit. One of the best variations of the rowing motion on a bench, and the one that effects the most complete contraction of the muscles involved, is executed with straight arms. While you are lying on a bench, you may lock the arms and pull the weight toward your thighs rather than toward your chest, as you must do when the arms are bent.

Dumbbells allow a greater scope of movement than do bar bells. Thus with dumbbells you will be free to make use of even more alternatives to the rowing motion than I have mentioned. The more diverse the exercises for the back are, the better rounded it will be de-

The picture of our author, ED HOFFMEISTER of Indianapolis, Ind. Like all the writers of articles in S & H he proves his knowledge on his own body. Practicing what he preaches, he has built for himself the splendid, broad and powerful back pictured here.

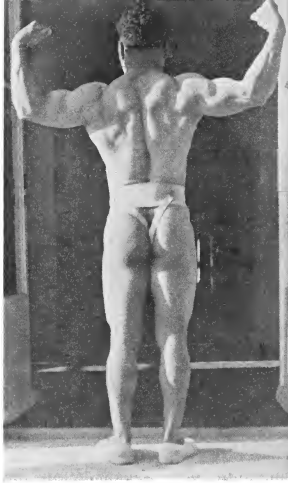


veloped. Yet dumbbells do not provide something of the greatest importance, heavy resistance, that a bar bell does. After all a bar bell is the primary means to attaining better health and more strength; dumbbells are secondary equipment which fill the gaps left by the bar bell. Moreover, it is far more difficult to work the muscles in union if you have no bar bell.

In the standard rowing motion, merely bending forward at the hips and pulling the bell to the chest, Dave Mayor, the new national champion of the heavyweights and apparently destined to become one of the strongest men in the history of the world, can correctly use the unbelievable weight of three hundred pounds. To really appreciate the tremendous strength of Mayor's latissimus you should determine what your own record is in this very difficult lift and make a comparison. If you can row with 150 pounds, you are extraordinarily strong, to say the least.

The prone pull over, performed with bent arms, is nearly as effective as the rowing motion; especially is this so if one is in a partly inverted posture while pulling the weight over the head. The main point to remember about this exercise is that the weight you will be able to handle correctly will not be as much as you might first expect. Make no attempt to rush through the prone pull over; otherwise the muscles intended to be developed will not receive the resistance. Until your arms have become accustomed to this particular movement, they will tire quicker than the back muscles. But do not think that this exercise is ineffectual for in a short time all the muscles involved will get their portion of the resistance.

The three exercises that I have described up to this point will probably produce the best results for the majority of the people, while those that I will now present are considered by the leading bar bell instructors to be defective as a means of developing the back in so far as they do not furnish a range of contraction of the latissimus dorsi that is adequate for the resistance to take effect. Yet you should not be misled by this last statement, for in my experience with persons striving to develop the muscles of their backs, I have found that the same exercise will not be as effective for one man as it will be for another, although two men have often been known to progress at



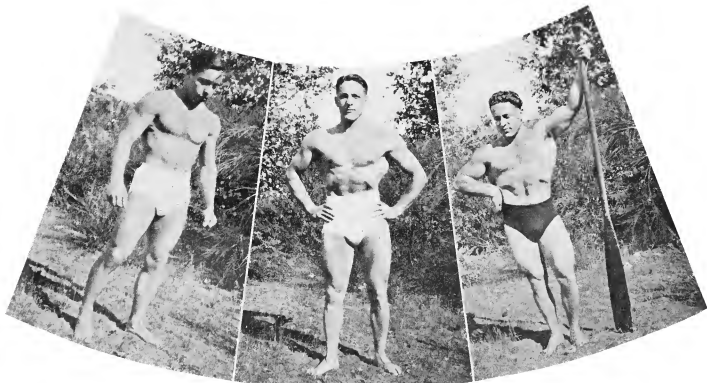
KHADIR L. TOUNI, the Egyptian lifter who so greatly astonished the world. As a middleweight he pressed 259, snatched 264, 341 clean. In this photo he has his back compressed to show only development, yet his back is still broad.

about the same rate while doing a different set of exercises. For an example, whereas Dave Mayor claims to have developed his herculean back almost entirely by the simple rowing motion, Anthony Terlazzo attributes his remarkable back development to numerous exercises, from pull overs with bent arms to gymnastic stunts.

The phenomenal backs of such strong men as Rigoulet, Saxon and Gerner attest the exceptional back growth that may be had by pure lifting. From an observation of the photographs of these men's backs, it is evident that lifting, for the purposes of establishing records, is one of the better ways to broaden the back. Bent pressing, Arthur Saxon's favorite lift, requires intense contraction of the shoulder and back muscles, particularly the latissimus, but the extent of one's activity in this lift is decidedly too limited.

With a weight light enough to permit one to do it with bent arms, the stiff legged dead lift is very good, providing that you are built so that you are able to bend forward farther than the average man. If you are comparatively stiff in the hips, you can not assume a position that will place your muscles at the best angle for exercising the latissimus. For-

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HOW do the men of today compare with the famous old time stars of strength and development is a question frequently discussed where enthusiastic strength and healthites congregate. Do we have men like Sandow, Bobby Pandour, Staff Sergeant Moss, Otto Arco, George Hackenschmidt or Adolph Nordquest among our perfect men of today?

We must remember that the men named above are representatives of many years and many countries. Sandow was German. Pandour, Swiss. Moss, British. Arco, Polish. Hackenschmidt, Russian and Nordquest American. These men became especially well and favorably known through appearing on the stage and the sawdust ring of the circus.

There are some who believe that we don't have men the equal of these great old timers, they feel that there is not such a great opportunity for the man of muscle. But I say that we have better men today than ever before, hundreds more of them, and that never before in the world's history was the man of splendid proportions and great strength admired as he is today.

There are more men interested in strength and development now, than ever before, training equipment is far superior. In the old days only solid bar bells and dumbbells or at best those which permitted progression through shot loading were in use. Too often bells far too heavy for the particular exercise were used, as it was such a long, hard and tedious effort to load and unload the bells.

And physical training with weights is far better understood at present than ever before in the world's history. With far more men training than ever before, with better equipment and far superior

Left to right: GUS GRECO, cousin of the Loprinzi boys. Only 19 years of age he has already advanced far on the road to strength and development. He presses 190 pounds. SAM LOPRINZI, who possesses one of the most Herculean physiques in the world today. He continues to improve by practicing the methods advocated in this magazine. Sam's brother Joe, who so recently has added twenty-four pounds to his bodyweight, resulting in the winning of his district weight lifting championship.

training methods, with an ever increasing huge group of people who have come to realize that exercise is the most important thing in the world, there is a ray of hope for men who build their bodies with adjustable weights. And

EDWIN HANNA, another strength athlete from the great Northwest, whose recent gains give him rank with the best of today.



there's a better opportunity for the weight men today to profitably make use of their muscles.

A host of young weight lifters have reached a point of fame, pleasure and profit through the muscles they have developed. So many of our weight lifting friends are now professional wrestlers. Henry Steinborn, Walter Podolak, Jesse James, Leo Jensen, Chief War Eagle, Walter Stratton, and George Mansor to name only a few.

Vaudeville is increasingly popular and a host of bar bell men have found lucrative engagements in strength and balancing acts. Many more are making their living as artists' models. Weight training with the physical qualities it builds makes it possible for men to star at their chosen sport. It's good for the boxer, the wrestler, the oarsman, the swimmer, the base ball or foot ball player. It improves a man at any sport. For it builds power, necessary in most any sport, endurance and other of the major essentials, speed and coordination.

This latter quality is so necessary to any man in his work, in his sport or the business of living. Exercise with weights, especially the lifting of weights, teaches balance, gives one control over his muscles. Teaches them to do the right thing at the right time. It makes them accurate in pitching, throwing, in hitting, in tossing or any of the motions that are necessary in sport. It gives a man control in accuracy and distance.

It's hard to know just what quality people admire most in a man. How you feel is most important to yourself. How you look attracts others to you. So I believe that a symmetrical body with proper posture is the most admired physical quality a man or woman may have. Unusually fine appearance brings

Men of Today vs. Old Timers

the better things of life. One thing sure, if you train to improve your proportions, you will obtain with it unusual strength and athletic ability.

Just consider all of the men I am about to mention. Without exception they are beautifully built. They are unusually powerful. Some of them are holders of American and world's lifting records. They're all athletic. Excel at all forms of strength sports. They have all trained the same way—with weights, weight lifting and a great variety of exercises with bar bells and dumbbells and usually a few training accessories such as the Iron Boot or the head strap. They have practiced the thousand exercises.

There is no secret to how these men obtained their splendid bodies. They all followed the same route from physical mediocrity to world fame—the weight route, bar bells and dumbbells. What they have done, you too can do if you will apply yourself as diligently and as intelligently as they.

Consider the following famous three. Siegmund Klein, Tony Sansone and John Grimek, all so well known to readers of this magazine. There is a difference in their physiques but all possess great strength and rare proportions. Klein is shorter than average, but so beautifully built and so powerful that he'll be one of the immortals. Sansone has an ideal build for the taller man, a man of six feet. Grimek is ideal for those who like their strength heroes cast from Herculean moulds. He has the faculty of controlling his bodyweight so

that he has been as light as 176 at the national championships, to as heavy as 210 coming back from the Olympics. He seems to be able to put on weight at will. But every pound of the way from 176 to 210 his physique is beautiful and admiration creating.

Compare these famous three with the great old timers. Certainly they can't be surpassed. Even Sandow, renowned as the best built man of all time, was not entirely satisfied with his own physique. He was a master poseur yet I have seen some pictures of him that did not show him as the marvelously built man he must have been. Earlier in his career his legs were smaller than he liked and he would wear tights under which the legs had been wrapped to increase their size.

I'll never forget Sig Klein at the Paterson Strength Show. His Muscle Control act was marvelous. He so greatly outclassed another professional present who makes great claims in a physical way, that there was no comparison. Klein improves with the years and considering his size he certainly equals the great Bobby Pandour, whom so many thought was superior to Sandow.

Although I am older than many of the body building enthusiasts of today, I did not have the opportunity to see in person these greats of another day. But

JOE D. LIPTAK of Struthers, Ohio, a man with little weights training experience who already has many admirers of his physique. Doesn't he look fine in these poses, which are similar to some we showed of the great John Grimek, last year?

By
BOB HOFFMAN

I am sure that there is not another John Grimek. So often we receive the report that a member of a certain club is another John Grimek. There are scores of good men whose friends make this claim for them, but there is only one John Grimek. It's not just a question of having made him and then thrown the pattern away. For I can remember when his physique was not impressive. Not a bit. He seemed too long and too wide in the waist, and too short in the legs. But he "moulded" his body into the shape he desired by proper training over the years.

Sansone too, cannot be surpassed by any old timer. His rare poses will go down in history as the equal of the best and the superior of most. Still a young man he will continue to improve with the years and be one of the immortals.

A few years ago extraordinary physical specimens were few. Photos of the same men were repeated month after month in the strength magazines of the day. Now there are so many good men that it's impossible for us to show all of them. We have a great many photos on file to place in future issues of this magazine. But scores, perhaps hundreds or even thousands of outstanding strength athletes, marvelously built men, don't even have pictures taken. We see them at lifting championships and ask them to send us pictures but often they

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Heavy Exercise Is Best

I've always wanted to be strong, but I never did anything about it. I'm thirty-seven now and for exactly twenty-two years I've been interested in strength and allied subjects. I've read all the books, and sent for literature on all of the courses. I collected literature over the years from Breitbart, Calvert, Titus, Strongfort, Milo, Schmidt, Barker, Liederman, Zybyso, McMahon, Glick, Atlas, Jack Sandow, Jowett, Arco, Klein, Leonard, Burns, Deforest, Mcfadden, Dryer, Ross, Nordquest, Bonomo and numerous others in this country. I read the British magazines and received literature from Inch, Swoboda, Aston, Pullam, Maxick, Broom, Standwell, Lewis, Apollon, Mueller, Stebbing, Maxalding, Meade and Trevor.

Yet, for all my investigation I never took a mail order course. I spent my time on the fringe of the strength world, wishing, and hoping that I could be strong and well built like the host of men whose muscles and splendid proportions provided a feast for my eyes. The years went by; I saw others obtain satisfactory results but still I was undecided. At times I joined the Y. M. C. A. or some other gym. I bought a lot of gadgets in department and sporting goods stores, such as rowing machines, punching bags, light dumbbells, rubber cables, grip machines and many special devices. Nevertheless I didn't get anywhere in acquiring strength and an outstanding physique.

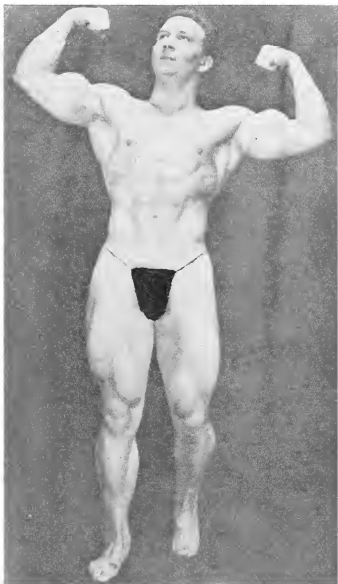
I practiced exercises that I saw in leading magazines. All they did was to make me tired. I'm reasonably healthy, but I certainly wouldn't be proud of myself in a bathing suit.

No wonder that I was puzzled by all the information I received. Every system was supposed to be the best. Every system was different from any other. Someone had to be wrong. What a variety of equipment these courses offered. Most of the instructions were for light exercise. As the years passed, however, I became convinced that to obtain muscles of any size and strength, a man had to use those muscles against heavy resistance, ever greater resistance, and that the muscles had to be forced to do harder work; whether it be the lifting of another person's body, as in wrestling or hand to hand herculean balancing and tumbling, or whether it be the lifting of weights with heavy dumbbells and bar bells.

With this letter you'll find my check of twenty-two dollars and an order for one of your Mid Summer Specials, consisting of a 210 pound bar bell, the Four

York Courses, a head strap, the Iron Boots, dumbbell bars and leg courses. You may be sure that I must believe that you have the best apparatus and have made the best offer ever made; otherwise I would not be placing this order with you since I have resisted the sales appeals, the special offers, of all the other physical directors throughout the years. I have been reading **STRENGTH & HEALTH** since it appeared on the news stand four years ago, and I have come to appreciate the sincerity, the evident truth, the friendliness and helpfulness which fill every issue. Of course, too, I have been very favorably impressed with the marvelous physiques of the York bar bell men pictured in the magazine each month and the numerous testimonials proving that York methods are different and superior.

As time passed I became more and more sold on York technique until the climax, the decisive factor in causing me to embark as a York superman, took place a few weeks ago. I had gone down to the beach—not to swim for I have always been ashamed of myself in a bathing suit—but just to have something to do and to see what was going on. Down at the lower end of the beach I saw a group of husky fellows going through a series of exercises with a bar bell. As I closely approached, I saw that there was quite a crowd around them. After I had been standing in the rear for a little while, I gradually moved up to the front. One after the other the eight men using the bar bell went through the various exercises. With each one trying to handle a few more pounds



BARTON HOVARTH, who has become one of the best developed men in the world, should moderate his leg developing exercises as they are advancing faster than his upper body. We don't know of one of the old timers who could match his physique.

of weight, or make a repetition or two more, than the other fellows, it seemed to be a new version of follow the leader.

What a handsome lot of fellows they were: healthy, powerful, deep chested, broad shouldered, full limbs, brown and energetic. I must have watched them for more than an hour before they finally completed their training routine. Once the weights had been set aside I had an opportunity to talk to the fellow who owned the set and who, it seemed, had been acting as the instructor.

I began the conversation by saying, "I see that you have one of those York Bar Bells."

He smiled and said, "What other kind of bar bells are there?" Then he added, "That's like the story of the fellow who went into a restaurant and asked for a piece of pie. The waitress

said, 'What kind of pie?' He looked up in surprise and said, 'Why pumpkin, what other kind of pie is there?' But seriously York Bar Bells are the best ever made. They have many features that could not be possessed by any of the imitations; patented features which make them superior to any other bell on the market. Here I've a complete outfit, including dumbbells, the four courses, head strap, Iron Boots and the new leg courses."

"How long have you been a bar bell man?" was my next question.

"Two years now," he replied. "I weighed only 150 pounds when I started, and yet now my bodyweight is 186. The other fellows with me are members of our little training group. Without exception they have had remarkable results from their training. There's Jim who was very skinny when he began only three months ago, but already his body has assumed a shapeliness that is sure in time to make of him an outstanding physical specimen. And Harry—he was exceptional—could 'put up' 150 pounds the first day that he came down to our club; now he is getting close to 250."

"Do you always do the exercises as I saw you doing at the beach?"

"Not always," he answered, "for while some of us come to the club several times a week, a few of us can not make it on Saturday or Sunday afternoon, as we are doing now."

"But surely you can't get results from only one real training session a week?"

"Strangely enough," my new friend responded, "with the proper methods you can. You see, the STRENGTH AND HEALTH is my bible, and I implicitly follow the instructions in the four York courses. Several principles have been responsible for the wonderful improvement I and my pals have made. I would be pleased to talk with you now as long as you may like to, but why don't you come to our club some night and see just what we do?"

I obtained the address of the club and promised to go around the very next training period, which would be Tuesday night. Their schedule called for Tuesday, Thursday and Sunday that week; on Sunday, the big day, because on Tuesday and Thursday some of the fellows had to train at home, the little club convened and each man tried to outdo his fellows or to exceed his own best of the past.

I went to the club early Tuesday night and looked with interest at the pictures on the wall. There didn't seem to be a great amount of equipment on the floor, but the walls were covered with charts, of exercises, and photographs which, as I could see, had been cut from STRENGTH AND HEALTH magazine.

My friend of the beach said, "Here

we are a hundred percent York. I and my friends believe that it is best to follow just one system of training, and certainly those men at York have proved that they know better than any other group exactly how to develop athletes with superhuman strength; that is, men of unusual strength and development as well as of general athletic ability. Everyone trains for two reasons, to look well and to feel well. Of course, some of us want big muscles, great strength or to be a lifting champion.

"We're all young men here, trying to get along. All of us are employed for there's something about being well and strong that makes one ambitious and eager to seek out opportunities, so that most of us find ourselves with little extra time to devote to our training. Yet we like to excel physically. We have found, through following the York method, that it is the easiest, quickest and produces the best results of any other system known.

"The boys are coming in now and you will notice that some of them do not spend more than ten minutes in exercising. If you use light weights, or worse still, no apparatus at all, you take so much longer, require so much energy and yet get little in the way of improvement. Muscles quickly become accustomed to the work demanded of them. After the fairly rapid gains of the first few days when you are using light resistance, there is little additional improvement. It is necessary to make

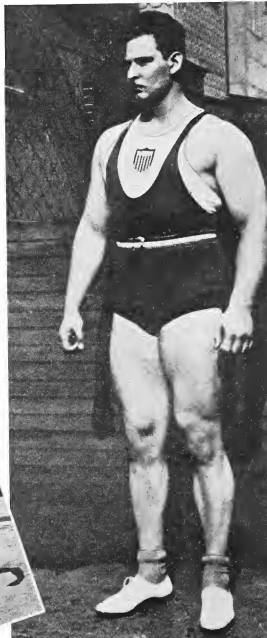
DAVE MAYOR, America's strongest man, in his Paris Lifting Suit. The slender lad beside him is his younger brother Norman, now fifteen; he weighs 165, and is much heavier and stronger than Dave was at that age. Dave weighed about 130 at that age. This shows what physical training can do to transform a man from such a slender beginning to a place of such pre-eminence in the strength world. Heavyweight training is solely responsible for Mayor's remarkable physique, strength and development. Without it, he would be tall and skinny, not unlike thousands of other men in the country today. Now he stands first for strength.



By HARRY BILLET

demands of the muscles, to make them overcome more and more resistance. HEAVY EXERCISE IS BEST is another one of our slogans. With heavy exercise startling results are to be had in a minimum length of time. Just watch Bill Harris go through his training. He is due at school in a few minutes."

Bill warmed up with light presses and half snatches. Then he took a weight, 125 pounds, that he could press ten times. He went from that exercise to the inclined abdominal board where he did twelve sit ups. This, as someone explained to me, was sort of a rest between two of the heavier exercises. He loaded the bell to 225 pounds and did ten repetitions in the dead lift. Next he used a head strap to develop his neck and to rest for the following heavy exercise. In the rowing motion he used the same poundage and did the same number of repetitions that he had used in the press. After a prone breathing exercise and ten deep knee bends with 225, he was done for that night. Hardly ten minutes had



elapsd. I asked the instructor if he thought that was enough to bring results. He said that ten minutes of continuous training heavily, such as I had just witnessed, would not only keep a man in good condition but make it possible for him to improve. He informed me that Bill would spend only ten minutes on Thursday night in performing heavy exercises and in making a number of two hand snatches.

From the explanation my friend prof-fered, I understand that such a system takes a minimum length of time. At least once a week it is necessary to go through a really hard workout. That is known as irregular training and is one of the better York principles. My friend told me to remember that the muscles quickly become accustomed to the same routine and fail to grow. Something has to be done to jar them out of their sluggish habits. These fellows who had spent ten minutes at heavy exercise on two days a week, and two hours of comparatively hard lifting one day a week, had obtained sensational proportions. Two days, it seems, they said, will keep the muscles prepared for the increased exertion of the week end. It's the work done the latter part of the week that produces the results.

"I arrived too late to see all that you did last Sunday. Exactly, what sort of program do you follow?" I inquired.

My friend answered, "I had the opportunity to train with the York lifters one Saturday. I was with Bob Hoffman for a considerable length of time, and, of course, I follow much the same system that he does. I noticed that he not only remains in good condition with little training but that he continues to improve. I thought that surely his system must be the very best available. I observed that he warmed up with light presses and snatches and then went on to do some unusually heavy lifting on the three lifts. The day I was there he pressed 185, snatched 210 and clean and jerked 285; all without much effort. Later he pressed on boxes, working up to some really heavy poundages. At the completion of these novel stunts, he bent pressed the famous 217½ pound stage bell. Along with the members of the York team he performed quite a

number of feats of strength. He broke chains with his hands and a thick jack chain by chest expansion. He allowed a man to jump on his stomach, juggled him there and, to top off a great exhibition of all around strength, he went into the crab position with the same man standing on his stomach. After he had been lifting almost constantly for an hour, he said, 'Now I am ready to take some exercise.' Although he had put in about two hours of exceedingly hard training, he seemed to have more fun than any other man I have ever seen yank a weight off the floor. That is the way Hoffman does things and that is the way we are doing here.

"The men at York say that the best results are to be had by including in the training program exercises which involve all the muscles. Their theory is—and it has developed a multitude of

and we feel wonderful."

"If you had the time, exactly what sort of system would you use?" I asked. "By system I mean an all around training system."

"Well," he began, "a fellow who has the time and is very ambitious, won't go wrong to train five times a week; that is, on one limit day, such as I have described, two fairly hard days, two easy days and with two days of complete rest. On the light days barbells should not be used, for there is too much temptation to train on one's will power and to handle more weight than should be used but three times a week. On the easy days I practice compound exercises with the dumbbells, head strap, abdominal board and Iron Boots. My ideal of a good workout is one that stimulates the entire body, that improves the internal functions, preparing the muscles for the increased work to come."

Slightly puzzled, I said, "What do you mean by compound exercises?"

"That's another one of the York principles that have done so much to revolutionize physical training," he added.

"The muscles get tired after ten or twelve repetitions with the same exercise. Now, as you probably know, the best results are obtained when a greater than normal quantity of blood is retained in one part of the body for a considerable length



STAFF SERGEANT MOSS, famous old timer and British soldier, who possessed one of the finest physiques of all time. Isn't this a beautiful pose?

supermen—that only exercises which bring all the muscles into play make the important internal changes that build a man from an ordinary bag of bones to a really strong man. The glands and organs are adjacent to the muscles and consequently work in sympathy with them. Exercising all the muscles stimulates the internal organs and causes rapid physical improvement. That's the reason why it is wise to practice lifting motion exercises even if one is not interested in weight lifting.

"So our Sunday or Saturday programs always start with a warm up exercise before our attempts in the three Olympic lifts. Often we have a contest with heavy deep knee bends, dead lifts, curls, or any of the exercises in the York courses. It's fun to train that way. It's energizing and vitalizing, so to speak. Sometimes we are a bit tired at the finish of our program but after a dip or shower we regain our energy quickly,

of time. The usual way to perform compound exercises is to do five series, each series of ten exercises. The arrangement would be something like this: ten dumbbell swings, ten presses while squatting, ten dumbbell swings, ten presses while rising from the flat foot squat, and ten two hand snatches. This procedure will make you puff and realize that you have done something. That's what is needed to bring results. Another similar plan would be to do ten upright rowing motions, ten Zottman exercises, ten presses, ten curls under the arm and ten more of the first exercise. Or still another cycle might be ten raises to shoulder height while leaning to the side, ten alternate rowing motions while leaning to the front, ten back hand curls in the same position, ten shoulder shrugs while standing erect, and ten raises to the shoulder again. These compound exercises with alternate use of the head strap and the Iron Boot make a

fine training program."

"What do you think of the Iron Boot?" I asked.

"In my opinion," he said, "it's the most important development in physical training since the invention of the bar bell. The Iron Boots develop anybody; it normalizes, I might say, for it reduces one, if one is overweight; and builds, if one is underdeveloped, about three fourths of the muscles in the anatomy. They are excellent for men and women of all ages and all conditions of health. When I was in York I saw these Iron Boots being sent out by the hundreds. There's an ever increasing demand for them. Something new is usually sold in large quantities for only a short time; but when a thing is really a good bargain, each one, through its owner, is the cause of another sale, the reason that the Iron Boot is smashing sales records. Thousands, many thousands of men, are using them. I hear remarkable things about them. All of us boys have built pep, muscular size, strength and shape in our legs that go beyond our most optimistic dreams."

"Don't you think that the Iron Boots, dumbbells and the head strap are enough equipment?"

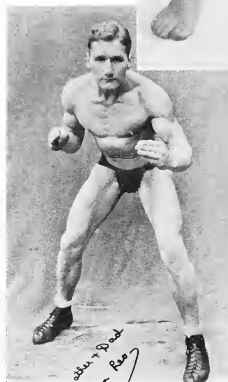
"They're good," he quickly answered, "but not good enough. Heavy exercise is necessary to bring the best results. The more the weight, the greater the results; the less the energy expended, the shorter the time of training, is a rule of economy that every weight lifter should adhere to. There are so many things that we desire in a physical way that it takes all around training to secure them for us. Once again I must say that this is another York principle. Develop all of the muscles; train them from every angle to build up superior strength and shapeliness. That's the reason we practice heavy exercise only when our time is limited to once a week."

"On the other two days a week, if we had the time, we would do some fairly heavy pressing and a great deal of two hand snatching within twenty percent of our limit. One should make as many as ten repetitions with a fairly heavy weight. Don't make the mistake of using weights that are too easy to handle. You ought to see Bob Hoffman when he gets behind those weights; the perspiration flies, but it does him a lot of good, as you can see from the way he is still improving. Press and snatch three times a week and clean and jerk only once a week. If you train but three times in seven days, of course do your abdominal, head strap, dumbbell and Iron Boot exercises after you have finished your heavy lifting." Thus my friend whom I had met on the beach inspired me to become a man worthy of anyone's admiration, to become a York athlete.

From all the praise that I have heard heaped upon it, the new offer must be

truly sensational. The Mid Summer Special, I believe, is the ultimate in athletic apparatus, is the thing that people like myself, who have been waiting all these years, have been looking for. The instructor, of whom I have been writing in this letter, was right when he said, "You cannot afford to be without one. It's the greatest bargain ever made in physical training equipment. How they do it, I don't know. Think, think, man, what you receive: four 11¼ pound weights, four 2½, four five, four 10, two 12½, two 20, and two 25 pound weights; the five foot special steel knurled bar with heavy duty Holdrite Collars; dumbbell bars; eight collars and a wrench; head strap; Iron Boots with all

LEO JENSEN, one of the best wrestlers. The first picture taken at a bodyweight of 145, the second at 205. Read text for more complete details of his great gains.



the necessary attachments, including five straps, the special leg course of twenty leg exercises, ten of them with the Iron Boot; and the four famous York courses, with personal instruction from the Strength and Health Center of the world. And the cost of this outfit that will last a lifetime is only twenty-two dollars."

Is there any wonder that I was convinced after twenty years of floundering for means to arrive at perfect health? Here is my order and if it is filled and shipped by return transportation, as the other fellow's set was, I'll appreciate it. I'm confident that I will get good results. I'm firmly persuaded that a period of proper training will make of me at least a good representative of the host of outstanding York bar bell men I have seen. This offer is worth waiting the entire twenty-two years for.

The World's Strongest Man

Past and Present

SO much has been written of the great old timers, that I will barely touch upon their deeds and confine most of this article to the strongest men of the present.

If all the great strong men of the past, many of whom have gone from this earth, could meet in a contest, what a battle it would be. It is very difficult to establish a fair basis of lifts and strength feats which would really determine who was the strongest man of all time. The men in competition, if they could be brought together would be of two types: the huge, massive and powerful natural strong men and the made strong men. The natural strong men, best exemplified by Louis Cyr, the French Canadian, would prefer lifts of a slow nature. The made strong man, of whom Rigoulet, the Frenchman, is the outstanding example, would depend upon speed, timing, coordination, will power, nervous energy, and superlative skill.

The natural strong man rarely learns the technique of skillful lifting. That's why the strongest men of today are little known as lifters. They lack the speed and skill to lift the highest poundages handled in the quick lifts now used in competition. It seems that they can't be persuaded to learn either. They are satisfied to rely on their power. They say, "Why should I split, or dip? I can put it up without that. I've got power." But they fail when really heavy poundages are reached. The champion in such an imaginary contest as we are about to consider would have to combine real power, with all the athletic qualities necessary to get the greatest weight over head.

Competitions of today are decided upon the three Olympic lifts: two hands press, two hands snatch and two hands

clean and jerk. To these the old timers would in most cases like to add the bent press, the dead weight lift and the continental jerk. Six lifts should be the limit in such a contest or it would go on for days, and the final winner would be the man who could stay at the peak for the longest possible period.

The old time strong men would have a real chance in this competition. What they might lose in the quick lifts, the two hands snatch and the two hands clean and jerk, they could easily make up in the dead lift and the continental jerk. So many of the old timers were huge men, with more than generous waisted lines, who would be badly handicapped in the quick lifts. At the Olympics of 1932, Strassberger of Germany, Olympic champion in 1928, had to make a two hands swing of his 247 snatch to get it around his abdomen. Louis Cyr was unable to bend to the side in performing his so called bent press of 273 pounds. It was really a side press.

The purpose of a contest of this sort, of any form of national or international competition, is to present a series of lifts which will give all types of men a fair chance, the naturally strong, the made strong men, the tall, the short, the athletic, the fat etc. Obviously a man must be good on all the lifts if he hopes to win. Tony Terlazzo won in his class at the Olympics because he was a world's record man in each of the three lifts. Liebsch of Germany could press and snatch well. Walter held the world's record in the snatch but he couldn't press. The Egyptians were extraordinary in the snatch and clean and jerk but their poor pressing ability placed them in their third and second positions. Richter of Austria, along with Terlazzo, lifted a world's record poundage in the snatch,

By
BOB HOFFMAN

officially holds the world's record in the clean and jerk, and he is yet a poor presser. A man, therefore, to win in a contest such as we are suggesting in this article would have to be a real star in every style of lifting.



RON WALKER shaking hands with **JOSEF MANGER** before their contest of the spring of 1936. Two of the mightiest men in the modern strength world. The holders of the world's lifting records. Manger is Olympic champion.

A poor performance in one could easily be the means of losing the contest. All the Olympic champions of last year were men who were good at all the lifts.

We have the following old timers to consider in thinking of the strongest man of the past: Cyr, Barre and Grioux of Canada; Inch and Aston of England; Gorner, Saxon, Gaesler, Steinborn, and Strassberger of Germany; Swoboda, Turk, and Steinbach of Austria; Tofolas of Greece; Travis and J. Nordquest of America; and Vasseur and Cadine of France. Some will be surprised that Eugene Sandow is not included among this list. With many the name Sandow is synonymous with the world's strongest man. Sandow made a bent press of 251 pounds; 170 in the one hand clean and jerk was difficult for him in the McCann contest. He could clean and jerk 250. Most of his feats were of a tricky, exhibitional nature.



W. A. PULUM, one of the world's greatest weight lifters, measuring the muscular eighteen inch arm of the mighty South African German, **HERMAN GORNER**.

His posing and matchless symmetry of form have made him one of the immortals of weight lifting.

The records are inadequate. For instance there is no record of a military press or a two hands snatch by Swoboda. There were some clubs in Germany who would not recognize the bent press as a real lift, for they considered it as more of a gymnastic feat. Steinborn, and Strassberger would not do a bent press, yet Saxon who came from the same district in Germany was the best bent presser in the history of the world. The men from Britain, Inch and Aston, have left little record of lifts other than the bent press, the side press and the two hands anyhow. Both Inch and Aston are numbered among the very few men in the history of the world who have officially bent pressed over three hundred pounds.

For sheer strength, Cyr undoubtedly was the strongest man of all time. With a frame more like a gorilla than that of any strong man of which we have a record, he weighed over 300 pounds at the height of 5 feet 8 when he was at his best. His side press of 273, dead lift of seven hundred, two hands press of 311 and clean and jerk of 347 place him well up on the list of strongest men when these six lifts are used as the basis of comparison. His large waist line would handicap him in the two hands snatch but he should have been able to come within a hundred pounds of his clean and jerk record (many of the leaders of today come within 75 pounds) so we can safely credit him with a 250 pound snatch. We can't find a record of what he could jerk, but considering his great pressing ability, he should have been able to continental and jerk at least 375.

Rigoulet and Gorner were made strong men. Gorner has been picked by many as the world's strongest man, as has Rigoulet. Arthur Saxon said of

Gorner, that "he is much stronger than I and if he could train on the bent press he could surpass all of my records." Gorner made a two hands anyhow lift of 440 pounds, which was within eight pounds of Saxon's own, the greatest on record, of 448. Gorner was credited with the world's record in the dead weight lift, 793 pounds. It was said that he did not use a cambered bar (a bent type of bar commonly used in England), that he used instead weights in which a slit had been cored to prevent the bar from turning in his hand. There is no record of how high the plates were and how long the slit was, so the lift could not be official. Perhaps he only lifted it a bit from the floor. Nevertheless it was a great lift. We have credited him with 700 pounds, owing to his proficiency in other lifts. Officially Gorner pressed 264, snatched 264 and clean and jerked 352. Considering that he did not practice on these quick lifts or have the fine revolving Olympic type of bar bells of today, the lifts are especially commendable.

We can find no record of a bent press by Rigoulet, the great French lifter. But he made a one hand snatch with 264 pounds, a record so amazing that it is hardly conceivable; the same lift with one hand that Gorner, certainly one of the world's strongest in history, made with two hands. Saxon, credited with a 371 bent press, made a 250 two hands snatch, so I don't believe we are wrong in marking Rigoulet down for a 275 bent press. With practice he could have greatly exceeded this poundage.

In the French style of dead lifting, with both knuckles front and lifting the bar without touching the legs, his record is not so high. But with palms facing each other, as is done in other countries, and pulling the weight up over the legs, a man who could clean and did clean 402, certainly could perform a dead lift of at least 650. The former French soldier was a comparatively poor presser when we think of his other lifts, being credited with only 230 in this style. In spite of this press, which doesn't compare with the world's greatest records made by himself in the snatch and clean and jerk, of 314 and 402 respectively, he would still have a three lift total of 946. This is somewhat more than the winning amateur total at the last Olympics of '02. These three great strong men would line up as follows, with the official lifts they have made and with our estimates of the



PSENICKA VACLAV, runner up in the Olympics of 1932 and 1936. He is the Czechoslovakian champion and one of the greatest strength athletes of the present. Watch this man at the world's championships in Paris. A very short man, about five feet four, weight 225 pounds, his best total on the three lifts is 898.

poundages they should have made in lifts that they did not practice.

	Bent Press	Dead Lift	Cant. Jerk	Military Press	Clean & Jerk	Scatch Jerk
Gorner 325	700	380	264	264	452
Rigoulet 275	650	402	230	314	402
Cyr 375	700	375	311	250	347
Gorner, 2285; Rigoulet, 2273; Cyr, 2256.						

Pretty close, we believe, for a contest that would be undecided until the last lift if these three men could be together. Cyr is long dead. Both Rigoulet and Gorner are active at present; Rigoulet most recently, as a wrestler; Gorner, in vaudeville wrestling an elephant and performing other feats. Gorner and Rigoulet through their managers both claim to be able to break their best records of the past.

There are other men who through some feat they have performed have a good claim to the strongest man of all time. Swoboda of Austria made the world's highest continental jerk with 408¾ pounds and a jerk of 422 pounds after it had been placed on his shoulders by assistants. Saxon, with the

(Continued on Page 42)



CHARLES RIGOULOT, lifting his world famous bar bell with which he made his world's record of 402 pounds in the clean and jerk.



Animal Samsons

The Reptiles

By

ALAN CARSE

A mighty thirty foot python, weight 500 pounds, making short work of its dinner, in this case a large hog. The Python like the Anaconda and the Boa Constrictor rank high among the world's strongest living things.

AMONG our unusual stories of the past were "How Strong is a Gorilla?", "Animal Samsons," "Horses and Men" and others along the same line. Many readers of S. & H. found these stories highly interesting. Scores requested more of the same. In a magazine such as this with so many articles of an instructive nature, both in health and exercise, there is danger of publishing too much of the same thing, unless we have a few unusual stories. Some of our contents should be merely entertaining reading, as constant study can be boring at times.

The following is another story of the "Animal Samsons" line. It covers the strength of reptiles and should prove of interest to all lovers of strength whether in man or beast.

For millions of years the highest animals on this earth were reptiles, there being no hint in these earlier ages of mammals and birds. Briefly, a mammal is a warm blooded animal which suckles its young. Except in the cases of a very few peculiar mammals such as the Echidna of Australia, the young are born alive. The reptiles, the great dinosaurs, laid eggs and were the forerunners of the snakes of the present. Alligators, crocodiles, iguanas, lizards of many sorts, and turtles belong to the reptile family.

The reptiles of the ancient world were gigantic in size and strength. The thigh bone of the *Atlantosaurus* was six feet long. Most of these ancient reptiles disappeared completely without leaving any direct descendants, but living fossils have been found on South Sea islands; the Giant Dragon of Komodo being the most recently discovered and the largest of these. They were only a legend until they were actually found alive in 1912. They had been reported by natives to be thirty feet in length but none over fifteen feet in length have actually been discovered.

As reptiles, Amphibians and fishes

are cold blooded, tending toward the temperature of their surroundings; their habits differ greatly from those of animals. In our own country we do not have huge snakes, such as those found in the hot jungles, but we do have miniatures of these huge pythons and boa-constrictors which are very powerful. A few years ago I captured a pine snake, a snake occasionally found in New Jersey and Pennsylvania. This type of snake is over six feet long; it has a diameter of more than three inches, and power enough to overcome small animals such as rabbits. Its habits are identical with those of the larger, crushing snakes. Its habit is to lie in wait for a rabbit or a rat, pounce upon it, wrapping its coils about it, and suddenly killing and crushing the animal with a lightning like pressure of its coils.

The snake I captured was still strong enough, even after four months of refusal to eat, that it would wrap itself around my arm with sufficient force to restrict the blood pressure so greatly that my arm would "go to sleep." It's easy to see why such a snake could strangle or crush an infant if it were able to attack one. Hardly a hundredth of the size of the world's largest snakes, its strength is proof that the largest snakes could very easily overcome a man.

Perhaps you saw Frank Buck's moving picture, "Bring 'Em Back Alive," in which were shown fights between pythons and black leopards, or even tigers or a water buffalo. I doubt if these fights took place in the open jungle, perhaps they occurred in some enclosure where the animals had been imprisoned. The great felines, leopard and tiger, were glad enough to remove themselves rapidly from the scene when they were able to extricate themselves from the coils of the snake. The python did manage to overcome and strangle a water buffalo which many hunters consider the most dangerous of game.

The world's largest snake and the most powerful is the South American Boa or Anaconda as it is usually called. By the Spanish settlers it is known as the *Matatoro*, a name meaning "bull killer," and they say that it grows to a length of eighty feet. Such a statement, however, has never been proven, as the largest known specimens are just over thirty feet. This is the snake of the South American jungles. Its usual prey are peccaries, a pig like animal, or other animals of smaller or similar size and at times even a small tapir or a jaguar. Undoubtedly one of these snakes could kill a bull.

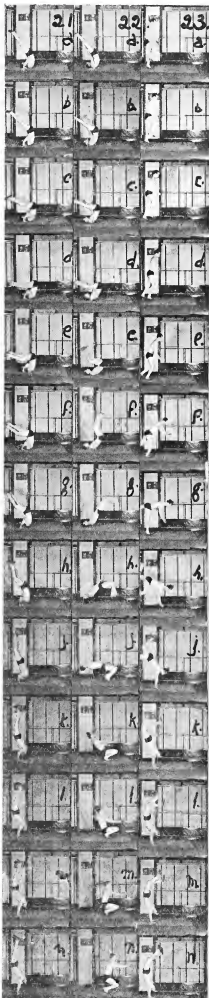
The boa-constrictor is another snake which inhabits these same South American jungles. It is said that the hammer-like blow this snake can strike with its head is the most powerful blow of any living thing in the entire world. When we think of the power of a kicking mule, the down stroke with its hooves of a fighting stallion, the power in fighting bulls or buffalos, it must have real power to deliver a harder blow than any of these.

It has the faculty of shooting out its heavy head and striking like a poison snake, save that the hammer like blow takes the place of the poison sacks of the poison snakes.

Such a snake may weigh over five hundred pounds, the entire force of its great weight and thirty foot body can be united in one great effort, which will knock down any animal on this continent that it may strike. Think of the great leverage it can exert and you will obtain some idea of the blow it can inflict. It may stun its intended prey with such a blow or it may drop from a tree upon the animal it has selected for its next meal. In this latter case it quickly wraps around the unfortunate animal and strangles it to death. After it has wrapped its coils about the animal, one sudden, deadly contraction of its coils can crush the ribs of man or animal in a dozen places. Mammals the

(Continued on Page 44)

Lift Into Your Turn!

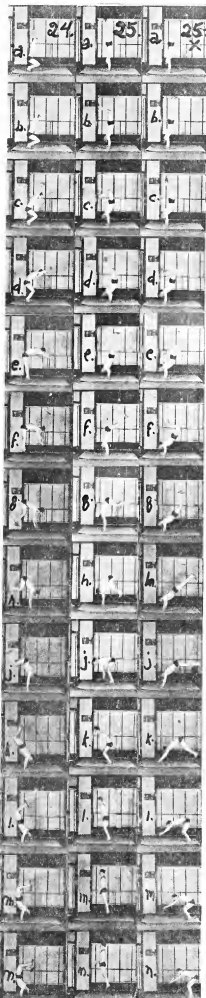


BEFORE going ahead to some new tricks this month, suppose we back track a few minutes to the two articles preceding this, the third of the series on tumbling. Remember how I have stressed the necessity of jumping straight upward into the air, then turning, and finally coming down to alight on practically the identical spot from which you jumped, if you are to do your tumbling feats with good height, speed and control. In the last article, on the back somersault, this was stressed very much, for it is the one thing most important to performing a good back. I might say, by way of substantiating this statement, that just recently one husky 172-pound pupil of mine who had never tried a back at all, did them alone and literally "on a handkerchief" in his sixth lesson. He is a weight lifter, with good legs and a sense of timing, not stiff or knotty in his muscles (nor is anyone who follows his Milo lifting instructions properly) and it took him just no time at all to put the lift-tuck-turn together properly.

Check up carefully on your style of going for the somersault, you who are still in the safety belt, and you, also, who are going it solo. Make certain you get everything right—position, circle the arms, sink, lift, tuck. At the instant the hands touch the shins pull hard and throw the head back as far as you can. This is exactly as shown in Figures 14 and 18-g, the knees having started the turn very slightly, then the head emphasizing it. As you turn, look for the floor at the point you just left (standing on a handkerchief on the mat is a good stunt, to mark the finishing spot), and when you see it, turn the legs loose and kick the feet out at the landing spot. (Remember that you are tucked up, body horizontal and face down, so do NOT kick the feet out straight with the back, or you will be kicking at the wall behind you. Kick, rather, straight in front of you—you are face down, remember—directly at the handkerchief, and as you kick you will continue to turn and will unwind into about a perpendicular position.) When your toes touch the floor let the heels come down, then bend the knees, squat and jump straight up into the air for the finish. As you release the tuck relax the arms and literally fall away from them. Figure 18-j is the point where you see the floor; 18-k is the let-out, and 18-m is the attitude just when the toes touch the floor. Or look at the actual photo of Billy Herrmann, in Fig. 16, positions

(Continued on Page 37)

By
ROBERT L. JONES



"I Lose 40 Lbs.!"

By HUGH CROSS

I AM a radio entertainer, having worked on some of the leading radio stations including the NBC network. Radio is not what you would call a lazy man's job, but I will admit there is little exercise to be found singing or playing. Of course your vocal cords get quite a bit of exercise but I am speaking of exercise that will keep your body in trim. It is true that some radio programs you hear each week spend from ten to twenty-five hours preparing for a thirty minute or a one hour program, but even with all that work it is not the kind of training you need to keep your body healthy.

I was born and raised on a mountain farm down in the hills of eastern Tennessee. I became interested in physical culture when I was about eighteen years old. I did some training along different lines and developed a very nice physique with some home made bar bells. That was before I had ever seen a radio station. I worked at a brick yard and also in the coal mines. I was in perfect health.

A few years later I took up radio work. It was easy and I only worked a few minutes each day. Somehow I got too interested in my work and forgot about my health. I had plenty of time to exercise, but I just passed it up. I began to gain weight. I got short winded, felt all run down. I was working on a large radio station in Chicago, my friends would remind me I was getting fat and of course I knew it for I had to get new and larger clothes very

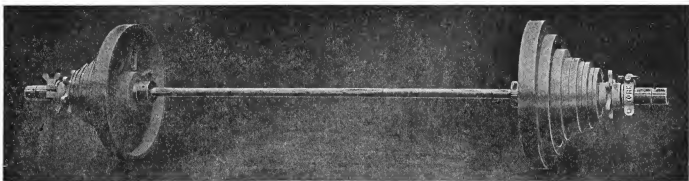


HUGH CROSS, a radio entertainer, who took his bar bells to the North Woods with him on his vacation. Friends told him that he couldn't hope to obtain results at his age. He's a good example of the results a fat man can obtain through a moderate period of weight training. He lost forty pounds and has an outstanding physique at present. Better still he feels about a thousand per cent better.

often. I would eat like a hog then lie down and go to sleep. I knew that wasn't the right way to live but that easy work or rather play had got the best of me. I was getting so fat and short winded I couldn't hit the high notes when I would sing, if I walked a little fast I was puffing like a steam engine. At last one day I made up my mind I was going to get rid of that no good fat I was carrying around.

I ordered a set of York Bar Bells, took them with me on my vacation to the north woods. My friends laughed when they saw them. They said I had waited too long and was too old to use bar bells, but I used them for six weeks and the result was I took off forty pounds and I have never felt better in all my life. I am back at work and feel like a million. I have plenty of wind to hit those high notes with now and I really feel like working.

When I started my training in August I weighed two hundred and twenty-five pounds (225), and now I weigh one hundred and eighty-five pounds (185). Radio is a great game but it takes more than singing to keep your body in the proper shape. I want to thank Bob Hoffman and his bar bells for putting me back on the road to health once more. With all that bay-window gone and good solid flesh in its place, now I have a NEW SONG TO SING AND IT'S ALL ABOUT YORK BAR BELLS. So join in with me and let's all sing a chorus together, of Bob Hoffman—Dean of all body builders.



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EATING FOR HEALTH AND STRENGTH

(Continued from Page 17)

into everything you do.

Foods richest in phosphorus are: egg yolks, almonds (a teaspoonful of almond butter in a cup of hot water, this makes an almond milk and is very nourishing for the nerves), asparagus, barley (not pearled barley as this is devitalized), bass, blueberries, goat cheese, yellow corn, kale, lamb, steel cut oats (not rolled oats), oysters, fish, fish roe, whole rice, whole wheat, black walnuts, peppermint tea and strawberry tea.

And here are some fascinating facts about the element of potassium, which, now that you know them, will clear up many troubles in your household. Tissue water forms when potassium is lacking and this brings on the swollen ankles, swollen feet and body parts. It also seriously affects the disposition, making the person morose and all caved in. They feel downhearted, lonesome, have restless sleep, lose ambition, brood over things and have strange delusions and odd fears. The stomach seems loose and hanging, the ligaments are weak and sagging. Potassium builds, reconstructs and maintains the muscular parts of the body. It enables the intestines and motor nerves to function efficiently. When it is lacking food ferments in the stomach and intestines. Then the nerves become acid and disturbed. They will ache and you may have neuralgia and insomnia. This marvelous element helps in the digestion of fats. With an abundance of potassium in food form it is simple to gain weight in a few weeks time. People having plenty of potassium are more ALIVE, stronger, have greater reconstructive power. The entire system is better toned. Body cells multiply in abundance. It makes the blood stream alkaline. It is the great healer. It is the element

of personal magnetism. Pep, dash, courage. Makes you a more active personality. It gives you the fire, the zest for life, the push, the optimistic, forceful attitude of mind and a wonderful aid in the struggle for success.

Foods richest in potassium are: blueberries, broccoli, carrots, cherry juice, egg plant, endive, black figs, grapes, lettuce, lemons, mushrooms, dried black olives, baked potatoes, oranges, raisins, turnips, alfalfa, peppermint tea and sage tea.

These are all sound, scientific facts which I personally have experimented with. You can do the same. If you are skeptical and want proof refrain from eating these foods for a couple of weeks and see the symptoms appear. Then start feeding up on these minerals and watch the troubles disappear. It is good for you to make these tests because you are better convinced and can help others in your family. Now our 71 year old lady friend is beginning to get an inkling into "What's the matter with us, anyway?" To sum it all up in two words, the answer is—mineral starvation. Perhaps I should add also, cluttering up the system with dead foods.

One more important suggestion. In your search for happy health do not depend on any ONE thing. While good foods are vastly important do not neglect to exercise regularly, to breathe deeply of pure air; to bathe frequently both externally and internally and to honestly observe ALL the simple laws of health by natural methods. These persistent day by day efforts will soon bring you the realization you seek and you won't have to complain because of what's wrong, but rather spend your time rejoicing for then everything in your home will be all right!

LIFT INTO YOUR TURN!

(Continued from Page 35)

7-9-11-12. The hands are well overhead when the feet touch the floor; as you sink in the knees to absorb the shock of landing, circle the hands out and down and lift straight up again, as in 18-f. Do not try another somersault right now, of course; the purpose of this lift is to accustom you to bounding up from your finish, so that later on you can do two or more tricks in swing-time tempo, without having to stop and start between them. (Note how Billy goes fast and smoothly from the somersault to the half-twister, Fig. 19, positions 12-13-14-15, without a pause.) This is swing-time tempo. But—IMPORTANT—note that in printing the last tumbling article the cuts for Figs. 16 and the last half of 19 were switched, as printed. Fig. 16 is at the bottom of the page, where the last half of 19 should be, and the last half of 19 is at the top of the page, where 16 should be. So in referring to Fig. 16, go to the bottom of page 35; and for last half of 19, to the top of page 35, March, 1937, issue. While on this turn, note that in the January issue Figures 10-11-12 are a bit confused, so disregard them entirely, and when reference is made to these illustrations, refer to them in the March issue.

We are now ready to proceed to some new tricks, but in doing so we want to remember the one cardinal point of the past two lessons—lift upward, then turn, and last of all land on or very close to your starting point. Figure 10, the standing layout back somersault, shows this most effectively.

We shall begin this time with an upside down trick, in which we start in a head down position and carry through a lift from the hands, instead of the feet. Perhaps the one best trick of all to illustrate this phase is the nip-up to a hand balance, Figure 21, because if you jump a little forward, you

come down in a back bend, or even a nip-up to the feet, while if you jump a little backward, you come down in a squat, doubled over forward, with feet and hands on the floor. Only when you lift directly upward and with good snap do you actually jump upward from the shoulders to arms' length from the mat, in the hand balance position.

Begin by rolling back on the hands, neck and shoulders as in Fig. 21-a. Go far back, and keep the feet as high as possible—higher than shown, if you can do so and still hold the balance. Now quickly drop the feet almost to the floor—21-d—knees straight. As you do this, the hips will jack-knife forward a little; now, without a pause, swing the legs as high as you can, right back toward their original position, legs still straight. (In the movie strip, mine bent a little—but the straighter you keep them, the better you do the trick; bend them just a little more than shown, and you have no luck at all.) As the legs shoot upward, press your hands up with the feet too far back, and come into the hand balance position. If you fall back down to your feet, next time shoot the feet a little farther forward; if you topple over forward to your back, next time shoot a little farther backward. In the illustration I aimed very slightly too far back, so I came up with the feet too far back for a good balance, but was able to save it by shooting the shoulders forward to catch the balance, then easing them back, and the feet over, into correct hand balance position.

The next one, Figure 22, is very similar, save that this time we drive the feet just slightly forward when we jump upward, upside down, then we bend the knees arch the back, and do a half-forward somersault to land on the feet. This is the nip-up, or

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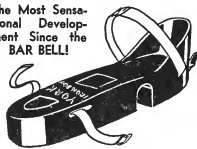
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neck-spring. You can do it with the hands beside the head, as in Fig. 21, or with them on the thighs, as in 22 (my favorite way, although others prefer the former style) or with hands on hips. Figure 22 is better than the garden variety of nip-up, but not so good as it could and should be—you will note in 22-a-e-f that my knees are too much bent, also that my lift is a good bit farther forward than necessary. As a result, while completely in the air in 22-h, I did not get so high as I should. With knees straight, and the feet aimed just a bit farther back, much better form would have resulted. Bear this in mind, and do not permit yourself to start rolling forward before sinking and driving the legs; do not drive them toward the wall ahead, but, rather, toward the ceiling directly above, and your up-up will be excellent.

You can do these tricks from the starting positions shown, or by doing a back roll to the shoulders, then driving. You can also do a front roll until you reach position 21-d; then drive UPWARD, always upward.

The headspring is very similar to the nip-up. Fig. 22, save that the starting position is on the top of the head and the hands instead of back-of-shoulders, head and hands as in Fig. 21. It takes a little more leg drive than the nip-up, and a stronger push than the nip-up if done from starting position with hands on the mat beside the head. But the leg action is the same, and the finish is identical with 22-k-l-m-n, save that the hands are above the head.

Let us now try the run-off, which is a series of steps calculated to give you the most drive for jumping from one foot. I shall describe it to correspond to Fig. 23, for a fellow who swings his LEFT foot first when doing a hand balance. So if you are one of the majority, who swing the RIGHT foot, then just reverse the directions. The run-off: stand with feet together, take a short step with right foot, then short step with left, followed at once by very short hop with SAME foot. As you hop, bring the right foot forward, a little high, and just as the left foot lands from the hop, drive the right foot down hard into the mat and at the same instant bounce the left leg back and upward hard. Remember always to work in a circle, rather than diving forward. Swing the left leg far back as well as up, and you will lift directly upward high, and not up a little and forward an uncomfortable lot. Refer to Fig. 23; 23-a shows the left foot starting the hop, which was finished between 23-c and 23-d. 23-d shows the left foot just starting its backward drive, with the right one—brought forward high in 23-b—being driven hard into the mat for lift. In 23-g the left leg is far up and well back, the right leg straight and the toe just leaving the mat; the leg is perpendicular, showing almost correct lift, with very little loss of balance forward. (Correctly, the hips should be slightly back of the foot, so that the leg slants backward, just as both do in 24-e, to give a true circle over the point of balance, and the highest possible lift.) This run-off up to the point shown in 23-e, is used for all forward tricks involving a take-off from one foot—handspring, headspring, tinsica, walk-over, round-off, and so on. In Fig. 23 the trick is a (C) hand balance. The higher you lift (23-c-d-e-f-g) before dropping the head to start the turn, the higher will be the turn. Do not make the mistake of hustling the hands to the mat before swinging the legs, or you do not do a leap at all.

For tricks requiring a leap from both feet, we use a different method. We start as formerly, but as we hop with the left foot we bounce the right forward a little more quickly, so that we land on both feet at the same time from one foot hop. The weight is evenly distributed, and as we come down we sink in the knees slightly, then jump straight up as high as possible, and do our trick—somer-

sault forward or backward, pirouette, leap to the hands, or whatever it may be.

Figure 24 shows a leap from both feet to the hands done from a mat but it can just as readily be done from the take-off just described. In either event, as the knees bend then jump high and fast, swinging the hips a little back of center in order to keep over your spot (see 24-e) and drive hard with the knees and feet. As the feet leave the floor pull them up quickly and complete the turn, landing on the hands almost on the spot your feet just occupied.

NOTE: If on the nip-up or either of these two leaps to the hands you come down with a bang and a bam, one thing is certain—you are not lifting nearly enough straight up, and as a result are driving-and-diving into the floor. All of them, and the jerk now to be described, are variations of the somersault family, and must be done hard and with lots of drive, and straight upward with a fast turn AFTER you get height.

Now we come to the jerk—a vastly more important trick than most men believe. It begins actually with the body in a hand balance position, perfectly balanced, back arched, head up, and knees bent until the shins are horizontal, about as in Fig. 25-c. Briefly, from this point we put everything we have into shooting the feet just as high, straight up, as we can, then when the legs, body and arms are in a straight vertical line, we push the hands violently against the floor and at the same instant jack-knife the body strongly at the hips, keeping the legs straight. This gives a high vertical lift, followed by a fast, high, half-turn to bring the body well upright as the feet strike the mat very close to the spot just occupied by the hands. See 25-c to k, inclusive. The knees should be straight from 25-e until the feet touch the floor—not even slightly bent. As they land you bend the knees, sink slightly, and spring high, just as mentioned for finishing a somersault, or a take-off from both feet. Jump straight upward, as shown, but keep the body perfectly perpendicular. Note in the jump from the jerk how the hands come upward, in 25-n, just in position for a somersault if the tuck were carried through.

The difficulties with the jerk lie in shooting the feet backward (see 25-g-h-i) or in pulling them down (or just letting them fall down) well bent at the knees, which destroys all lift and speed, or in keeping them straight but letting them fall of their own weight and momentum to the mat. In none of these events do you get the finish shown in Fig. 25-g-h-j-k—high, fast, close, and only the first style (Fig. 25-x) lets us get the hands off the mat before the feet touch it. Even in Fig. 25-x makes us land so far back that we hit with a thud and have no balance or rebound for height and position. You either do the jerk jerk, as shown in Fig. 25, or you do not do it in any way to give benefit of speed and height for the next trick.

My favorite way of practicing is shown in Fig. 25-a-b. Do a hand balance, straighten well up by flattening the small of the back, NOT by leaving it arched and merely flexing the hips forward. (See Fig. 17 of balancing article in April issue for correct relation of body and leg) but in doing the jerk, keep the head up more, as in 25-a-b.) Now, keep your weight well forward (do NOT wait until you start rolling off the heels of the hands to start the jerk) and quickly drop the legs and arch the back from 25-a to 25-c—but no lower with the feet. Do not stop, but take all the rebound you can muster and drive it up and forward a little more quickly, so already described, to complete the jerk. Another way to practice is to do a balance in regular style, get your weight forward, then quickly snap up to 25-a, bounce back to 25-c, and go for it.

Still another system is to kick up into a hand balance with just enough force to let the legs carry over and drop to 25-c; then drive for the jerk. You can also experiment with doing the nip-up to hand balance and jerking from about 21-k position, in which case the upward drive from 21-f to 21-k corresponds to the drive from 25-c to 25-e. Or you can do the leap from one foot or both, to the hand balance, and jerk from about positions 23-m or 24-n. In any attempts to jerk from a hand balance, do NOT bring the shins any lower than horizontal (25-c is even a little too low). Avoid especially 26-d-f.

The bucking broncho is a series, in swing

NO FUN TO BE BALD

(Continued from Page 21)

was easy to see where the hair line began and where the shiny, bald parts of the head were located. Predominant bald spots on these men prove that shaving and sunlight, at least in the case of the masses, is not the solution. A certain amount of hair is needed for its own protection; thus the hair should never be cut too short.

Few of us concern ourselves with the gradual loss of hair until it is too late. If we should take heed when the hair first begins to fall, we could keep our heads well and avoid complete baldness. As the shedding of hair can go on for years without a feeling of pain, little attention is paid to it. The weakening of any other part of the body gives some sort of warning, such as pain in the stomach when the digestion is disturbed, fluttering of the heart when it is disordered, headache when the eyes are bad and toothache when the teeth are decayed. But the scalp may become successively weaker without the victim noticing it until bald spots appear. Even then little or nothing is done.

The average bald person says that he has tried everything. I asked one fellow what he had done by everything, and he said he had done. He replied that he "had an oil shampoo once." Other people I questioned had made similar spasmodic attempts at pulling the hair or massaging it. I am sure that even those who have been more faithful in caring for their hair have not spent sufficient time in scalp exercise. They may consult a specialist and try a treatment or two. Then they become discouraged because an hour will not completely restore what was lost through years of neglect. One should not expect the impossible. Approximately ten hours of exercise will produce noticeable development of the muscles. A shorter length of time is conducive to improvement of the muscles a little. But the hair normally receives no exercise and, less often, no care.

Diverse forms of hair treatment have come into vogue. Man's head has been rubbed with concoctions ranging from dried sea horse ground into minute parts and mixed with vegetable juices to mange cures for animals. Some persons have hair strong enough to "take it."

Care of the hair should be concentrated on two factors: cleanliness and exercise. Exercise must be the prime consideration in the preservation and restoration of health, whether it is designed for the muscles or for the roots of the hair. If you want to keep your hair, to retain its beautiful, natural sheen, be sure that you give it regular and intelligent attention. First, you should wash the head with a pure soap or shampoo as often as you bathe the body, certainly not

tempo, of jerks and leaps from both feet to the hands. You can try it, once you get a fairly good grasp on the two individual tricks involved. A round-off is approximately a quarter turn into a hand balance, and a quarter turn more, followed by a jerk. We shall take it up in detail next time. A flip-flap is a fast leap and layout half back somersault to the hands, followed by a jerk, and we shall discuss it, too, later. But right here I want to point out the fact that neither a good round-off nor a second flip-flap can be approached unless you have real control of the jerk. So let's get busy on these tricks this lesson, especially the jerk, and be ready for the more advanced work later.

less than two or three times a week in cool weather and daily in hot, perspire freely. Afterward be especially careful to rinse away the detergent as with some soaps are as harmful as perspiration if left upon the head.

If your scalp is too dry, apply a few drops of olive oil or vaseline. Several ways may be employed to exercise the scalp as a means of increasing its oiliness. Always have in mind that the real purpose is to loosen the scalp so that the flow of blood will be stimulated and the fatty tissue in which the hair grows will not harden. Rub the head with a circular motion, with sufficient pressure to move and lift the scalp. If you are not lazy, you may perform these exercises across a bed with your head lower than the rest of your body. Fairly tall persons in this position can rest their elbows on the floor. A partially inverted posture assists the blood to run toward the head. You may also grasp locks of hair between the thumb and fingers and pull it gently. Lift the scalp and work it in a rotary manner. To obtain any palpable results, one must go through these movements for twenty or thirty minutes. It is so simple that it can be used at all portions of the head can be used at one time.

Therefore the new Xercav Machine, a product of the Crosley Radio Company of Cincinnati, was a boon to those wishing to prevent loss of thin hair and to grow new hair. This machine consists of a cabinet enclosing a mechanism which creates three vacuums and pressures each minute on the scalp by way of a helmet worn upon the head. It pulls and pushes at the scalp with a completeness that could not be duplicated by the hands alone. Most barber shops have a machine like this one. The gymnasiums operated by our friends, Dr. Caleb Sanders of Norfolk and Virginia and Arnold Schieman, 2201 Lexington Avenue, Baltimore, Maryland, were among the first to recognize the merits of Xercav. Already they have numerous cases to their credit of men with regrown hair.

The life of a hair has been seriously estimated upon its residing upon its position on the head, at from twenty days to two years. The abundant shedding of hair, contrary to popular opinion, may not presage baldness for hair is constantly regrowing. Some time before a hair has served its usefulness, a new hair develops deep in a papilla. Becoming stronger the embryonic hair pushes the old hair out. If new hairs are as healthy as their predecessors they will be thick in spite of regular falling. That is why it is useless to try to keep dead hairs in the scalp. In approaching baldness shed hairs are replaced by finer hairs, and this diminution continues until no hair is grown at all. Whether starting the process either with your hair or with a Xercav, do not be alarmed if hair falls out rapidly for a few days.

When correct exercise is given to the hair, each new hair is stronger. At the beginning the hair that is present is strengthened and then new hairs will usually appear. More

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[See back cover for further description.]

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ROGER EELLS
LISBON, OHIO

than ninety per cent of the two hundred cases in all stages of baldness, selected at random, showed vast improvement after using the Xervac machine for from seven to ten hours. The way of improvement is directly opposite to that by which the hair was lost. The bald spots gradually close up in the back, the hair line becomes higher and in time the shiny places disappear. A Xervac treatment lasts exactly thirty minutes. Two treatments will suffice for a week, but one as often as every day will do no harm. After the scalp has been exercised by the machine an attendant rubs the hair with some good natural oil.

Many men with thinning hair are awakening to the benefits to be derived from using this machine. In the future, if those with diseased or atrophying scalps will resort to the Xervac, there will undoubtedly be fewer bald-pates gleaming in the world. A treatment, requiring an hour, 30 minutes Xervac, shampoo and oil treatment, only costs a dollar. If you test it, do not hesitate to sacrifice twenty hours of your time. Forty dollars, the cost of twenty hours under this miracle machine, may seem expensive, but a head with abundant hair is worth the price of its maintenance, especially to a man in a

business that necessitates any personal contact with the public. One alternative is to purchase one of these machines, costing \$159.75, for the home where it may be employed profitably by all members of the family. We have one at our gymnasium; others are to be installed in the near future. If you are interested in saving your hair by the route outlined above, do not delay to write us for additional facts.

As I have said, in caring for your hair, if the scalp is deficient in oil, use an oil shampoo. To combat oiliness try a tar shampoo. In any case, dry the hair thoroughly with a Turkish towel and massage the scalp for twenty minutes or more. Olive oil, white vaseline or some of the dressings made of the fatty substances surrounding the sebaceous glands of a sheep are the best preparations for hair which is dry immediately after a shampoo. However you must be very watchful when regularly applying oil to the hair, otherwise an excess of oil may become rancid and upset some of the more delicate parts of the scalp. Daily, assiduous brushing also prevents dryness, by distributing oil from various glands, and the hair assumes its natural gloss and pliability.

MEN OF TODAY vs. OLD TIMERS

(Continued from Page 27)

fail to have them taken. I always tell them that having their photo taken and published in this magazine is not only a case of personal glorification. It's inspiration and encouragement for the many thousands of others who are following the road to super strength and development and have not advanced past ordinaryville as yet. We like to show many new men to prove that these splendid physical specimens are not the exception but the rule, when right training methods are followed.

Testimonials as to the results obtained through modern bar bell methods as advocated by this magazine pour in by the hundreds. More than ten thousand have been received. It is certain that York training methods have produced more outstanding physical specimens than were developed in all other ways in the years gone by.

There has been considerable in past issues about the younger "greats" of today. Men

like Ed Zebrowski, Mike Fontana, Tony Dellis, Sam Loprinzi, Dick Falcon, the stars of strength and development of the York team, Barton Horvath, Bill Hillgardener, Maurice Jones, Stanley Sinkiewicz and so many others.

In this article I wish to show a few of the very newest crop of perfect or near perfect men. Without exception these photos have come to us in the last few days. You can admire their newly developed muscles and know that the following of similar methods will bring you similar results.

Here's a letter from a man well known to readers of this magazine and in strength circles of the great northwest. He's a member of the Multnomah Athletic Club of Portland, Ore.

Dear Bob:

I'm sending you the latest pictures of my



"Now girls, this is just to give you an idea of some of the exercise!"

Still another system is to kick up to a hand balance with just enough force to let the legs carry over and drop to 25-c; then drive for the jerk. You can also experiment with doing the nip-up to hand balance and jerking from about 21-k position, in which case the upward drive from 21-f to 21-k corresponds to the drive from 25-c to 25-c. Or you can do the leap from one foot or both, to the hand balance, and jerk from about positions 23-m or 24-n. In any attempts to jerk from a hand balance, do NOT bring the shins any lower than horizontal (25-c is even a little too low). Avoid especially 26-d-e-f.

The bucking broncho is a series, in swing

tempo, of jerks and leaps from both feet to the hands. You can try it, once you get a fairly good grasp on the two individual tricks involved. A round-off is approximately a quarter turn into a hand balance and a quarter turn more, followed by a jerk. We shall take it up in detail next time. A flip-flap is a fast leap and layout half back somersault to the hands, followed by a jerk, and we shall discuss it, too, later. But right here I want to put across the fact that neither a good round-off nor a decent flip-flap can be speered unless you have real control of the jerk. So let's get busy on these tricks this lesson, especially the jerk, and be ready for the more advanced work later.

NO FUN TO BE BALD

(Continued from Page 21)

was easy to see where the hair line began and where the shiny, bald parts of the head were located. Predominant bald spots on these men prove that shaving and sunlight, at least in the case of the Germans, is not the solution. A certain amount of hair is needed for its own protection; thus the hair should never be cut too short.

Few of us concern ourselves with the gradual loss of hair until it is too late. If we should take heed when the hair first begins to fall, we could keep what fuzz we have and avoid complete baldness. As the shedding of hair can go on for years without a feeling of pain, little attention is paid to it. The weakening of any other part of the body gives some sort of warning, such as pain in the stomach when the digestion is disturbed, fluttering of the heart when it is disordered, headache when the eyes are bad and toothache when the teeth are decayed. But the scalp may become successively weakened without the victim noticing it until bald spots appear. Even then little or nothing is done.

The average bald person says that he has tried everything. I asked one fellow what he meant by everything, just what he had done. He replied that he used oil of shampoo once. "Other people I questioned had made similar spasmodic attempts at pulling the hair or massaging it. I am sure that even those who have been more faithful in caring for their hair have not spent sufficient time at scalp exercise. They may consult a specialist and try a treatment or two. Then they become discouraged because an hour will not completely restore what was lost through years of neglect. One should not expect the impossible. Approximately ten hours of exercise will produce noticeable development of the muscles. A shorter length of time is conducive to improvement in the enthusiast with healthier organs. In order to care for the hair better, you should be willing to give it not less than ten hours of periodic treatment. In other words, give it an equal chance with the muscles. After all working at the most sedentary vocation, the simple business of living exercises the muscles a little. But the hair normally receives no exercise and, less often, no care.

Diverse forms of hair treatment have come into vogue. Man's head has been rubbed with concoctions ranging from dried sea horse ground into minute parts and mixed with vegetable juices to mange cures for animals. Some persons have hair strong enough to "take it".

Care of the hair should be concentrated on two factors: cleanliness and exercise. Exercise must be the prime consideration in the preservation and restoration of health, whether it is designed for the muscles or for the roots of the hair. If you want to keep your hair, so to retain its beautiful, natural sheen, be sure that you give it regular and intelligent attention. First, you should wash the head with a pure soap or shampoo as often as you bathe the body, certainly not

less than two or three times a week in cool weather and daily in hot, persy weather. Afterward be especially careful to rinse away the detergent as some soaps are as harmful as perspiration if left upon the head.

If your scalp is too dry, apply a few drops of olive oil or vaseline. Several ways may be employed to exercise the scalp as a means of increasing its oiliness. Always have in mind that the real purpose is to loosen the scalp so that the flow of blood will be stimulated and the fatty tissue in which the hair grows will not harden. Rub the scalp with a circular motion, with sufficient pressure to move and lift the scalp. If you are not lazy, you may perform these exercises across a bed with your head lower than the rest of your body. Fairly tall persons in this position can rest their elbows on the floor. A partially inverted posture assists the blood to run toward the head. You may also grasp locks of hair between the thumb and fingers and pull it gently. Lift the scalp and work it in a rotary manner. To obtain any palpable results, one must go through these movements for twenty or thirty minutes. It is a tiresome task, for only a small proportion of the hair grows each minute on the scalp.

Therefore the new Xervac Machine, a product of the Crosley Radio Company of Cincinnati, was a boon to those wishing to prevent loss of thin hair and to grow new hair. This machine consists of a cabinet enclosing a mechanism which creates three vacuums and pressures each minute on the scalp by way of a helmet worn upon the head. It pulls and pushes at the scalp with a completeness that could not be duplicated by the hands alone. Most barber shops have a machine like this one. The gymnasiums operated by our friends, Dr. Caleb Saunders of Norfolk, Virginia, and Arnold Schieman, 222 Lexington Avenue, Baltimore, Maryland, were among the first to recognize the merits of Xervac. Already they have numerous cases to their credit of men with regrown hair.

The life of a hair has been variously estimated, depending upon its position on the head, from twenty to sixty days to two years. The abundant shedding of hair, contrary to popular opinion, may not presage baldness for hair is constantly regrowing. Some time before a hair has served its usefulness, a new hair develops deep in a papilla. Becoming stronger the embryonic hair pushes the old hair out. If new hairs are as healthy as with Xervac, the shedders they will be thick in spite of regular falling. That is why it is useless to try to keep dead hairs in the scalp. In approaching baldness shed hairs are replaced by finer hairs, and this diminution continues until no hair is grown at all. Whether starting the treatment either with your hands or with Xervac, do not be alarmed if hair falls out rapidly for a few days.

When correct exercise is given to the hair, each new hair is stronger. At the beginning the hair that is present is strengthened and then new hairs will usually appear. More

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York, Pa.

brother, Joe, and myself. In the latest weightlifting meet at the M. A. A. C. Joe won the 148-pound championship of the northwest. Ever since we have been working out under your system of training, he has gained 24 pounds in weight and I have made improvements in my build and strength. We salute you, Mr. Hoffman, as the greatest physical trainer today.

Your friend and pupil,

Sam Loprinzi, Portland, Ore.
2327 S. E. Woodward St.

Where could you find a more herculean physique than the one possessed by Sam Loprinzi? Weight training and hand balancing built that beautiful body. Certainly no one of the past had a more powerful looking, more symmetrical physique than this western man has developed. Most brothers receive similar results to those obtained by their elder brother who has pioneered physical training in their family. Too often the elder brother must use the Trial and Error system. He loses a great deal of time by experimenting with many forms of training, by following the instructions of a number of physical training teachers. In time they find just what system is best, and concentrate on that method, with much more rapid progress. But the younger brother can profit by their experience, follow the best methods from the beginning and obtain so much better and faster results. They avoid possible discouragement and save enough perspiration to have floated a fair sized boat.

Remember that Joe Loprinzi weighs 148 pounds. He weighed 124 pounds when he embarked on his intensive training periods with the York system. He'll be one of the greatest at time passes and he's mighty good now.

Kindly focus your eyes upon the photo of another member of the Loprinzi family, this young man being a cousin of the men just mentioned. He hails from Portland, Oregon, too. His letter follows:

Dear Bob:

I am sending you my picture. I take your magazine every month and think it great. I am nineteen years of age, weigh 190 pounds and am five feet five inches. I have a fifteen inch arm. Everybody calls me Young Ter-lazzo. I can military press 190 pounds. I am a cousin to Samuel Loprinzi.

GUS GRECO.

The letter is brief. The men who obtain real results from their training don't write much. They work hard and intensively with the weights, and follow the courses outlined. But the photo itself tells volumes. This young man can indeed be proud of the progress he has made down that mythical road, to Strengthville. He has strength, as evidenced by the fact that he is a lifting champion and presses 190 pounds, and he has beautiful proportions. Not one part of his body that couldn't be classed as superb. He has a fine upper body, and observe the symmetrical power evidenced by his legs.

Now compare the before and after photos of Leo Jensen. The first picture is not really a before picture because he was already a champion wrestler, weighing in at his height of five feet seven. Compare his weight and measurements in the first picture with those of the second. The first was taken in 1932 and the latter photo recently. He has registered steady improvement throughout the years. You'll notice that he has been, through proper training, "shapely every pound of the way."

AGE 20.	AGE 25.
Height 5 ft. 7 in.	5 ft. 8 in.
Weight 145	205
Neck 14 1/2	19
Chest 42	47 normal 50 exp.
Waist 32	35

Biceps 13	16
Forearm 11	13 1/2
Trist 7	8 1/2
Wrist 19	26
Calf 13	15 1/2

Leo Jensen is one of the best professional wrestlers in the country at present. In his most recent letter he tells us that he has followed York training methods for some years and like so many of the professional wrestlers he has met, he carries a York Five in One outfit with him wherever he goes.

Wrestling has contributed much to his beautiful build. But wrestling alone is not enough. When you see a superbly built wrestler, and sad to relate there are too few of them that are beautifully built, you'll always find that they are bar bell men. Steinborn, Podolak, Stratton, James, Groober, and many others have chiseled their beautiful proportions with dumbbell training, bar bell work and lifting. It helps them in the game that has become the business. It makes them strong as a tiger and as quick. We receive so many letters from fellows who have seen these big wrestlers in action and marvel at the amazing speed they show in the ring. Podolak held the world's record in the dead weight lift. He's a member of the 300 pound club. One of the strongest men ever developed in this country. And he can turn a somersault with fifty-pound weights in his hands.

A wrestler who does practice special training with weights will not rise so high or last so long as the weight men. Wrestlers need powerful arms and shoulders, but they must have legs. And special training such as weights and the Iron Boot provide make the legs long lasting and pillars of might.

Another brief letter from a man never shown before who has made fine progress.

Gentlemen:

I have a set of your bar bells and have been using your course of training. My present measurements are as follows: Biceps 14 1/2, chest 39, waist 27, thighs 21, calves 14. Yours truly, Edwin Hanna. Rt. 6, Box 295. Tacoma, Wash.

The letter is so brief that once again we must read between the lines. Examination of our files tells us that Edwin Hanna has had a York dumbbell set since July, 1936. There is a difference of twelve inches between his normal chest and his waist. Note the beautiful slope of his shoulders and the rounded taper of his back. He has a good neck, fine arms, slender hips, and powerful shapely legs. It would be hard to find a better impression photo than the one shown here.

And another letter. Dear Mr. Hoffman: Here are some photos of me to show you what bar bells have done for me. Although I did make pretty good gains, I am not satisfied. Don't get me wrong. I'm not putting the blame on your bar bells. I'm putting it on myself. I never did train very regularly.

So save these photos of me and in a year from now you will see a big difference in my physique. For today I have made up my mind to have a physique like John Grimek or Ed Harrison. I made this promise to myself and I intend to keep it or die trying to.

Sincerely,

Joseph D. Liptak,
59 Parkway St.,
Struthers, O.

The pictures are nicely posed and are similar to poses that we have shown of John Grimek. With proper training methods have brought such fine results with very limited exercise, we can look for something sensational now that he has determined to do or die in seeking the attainment of a physique such as John Grimek, or the sensational York lifter, Eddie Harrison. You'll remember that Eddie received his York bar bell on January 10th, 1936. In April of this year he won the International A. U. weight lifting championship. He's getting better every day, has

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OLD BOOKS!

I desire to add to the library in the Strength and Health Center. Am interested in purchasing or trading for old books and magazines dealing with Strength and Health subjects. Kindly tell me what you have, at what price you value it, and whether you prefer cash or to trade for something else that we have in the line of books, courses or apparatus.

BOB HOFFMAN

York, Pa.

one of the finest bodies ever seen. An examination of the snapshots in his recent story in this magazine show up well. But they were taken in the cold, months ago. You should see him now. Just twenty years of age, he gets better every day. He weighed 125 when he received his bar bell, weighs 160 now. His training consists principally of lifting motion exercises and repetitions with the Three Olympic lifts. All the really well built men are lifters. The fellows who say, "I'll exercise first and when I have developed some muscle I'll lift, don't make the progress attained by men who practice lifting and the regular exercises too.

For six years now, I have been trying to put across the training truth that the lifting motion exercises and actual weight lifting are the best training exercises known. They exercise every muscle and stimulate the internal processes while making important changes in the operation of the organs and glands. People who come to York are a bit surprised at my constant improvement. Every Saturday I do something in the strength line that I could never do before. Maybe I'll be a real strong man some day. I rarely train more than once a week. On that day I train very hard, try myself out on the three Olympic lifts first. Bent press, press on back, and a lot of competitions of one sort and another. I

BROADENING THE BACK

(Continued from Page 24)

tunately for most of us, however, flexibility does not determine whether or not the back shall be ill or beautifully shaped. But suppleness does influence the results you may get from doing the stiff legged dead lift. Still, you will not have missed anything by being inflexible for you will very probably be better adapted to the rowing motion than your more pliable fellows, because you will be forced to do the most imperative thing in the rowing motion, to bump your back, reach to the floor with a weight while your knees are locked.

So far as we are concerned here side pressing is inferior to bent pressing. But as one usually goes farther to the side in the side press than in the bent press, the former works the muscles differently and should, therefore, be done for the sake of completeness.

With the feet somewhat higher than the head you will find the press on the back both harder and better; harder from the standpoint of performance and better as a means to immediate results.

Chinning the bar with weights attached to one's feet has been claimed by some authorities to be an excellent back exercise. But, obviously, the arms are much too weak in the chinning position to support what effort the larger muscles of the back can exert. By the time the latissimus and surrounding muscles start to warm up a little, the arms

always make at least ten repetitions in the two hand snatch with a substantial poundage. Yesterday I made fifteen, which was a new record for me. I kiddingly told the people present that five were made with my muscles, five with my mind, power of mind over matter, and as I made still five more that was made by my subconscious mind. But kidding aside, these lifting motion exercises are the best in the world, and of these, the repetition snatch is the best of all. If I can find another training day a week, I perform compound exercises with dumbbells, ending with a few with heavier bells.

This I believe more than anything else proves that the training system I constantly write about is a good one, the BEST. No other instructor has ever constantly proven his training methods on his own body. There are lots more letters before me, and photos, but we'll have to save them for a future issue. I hope this article will encourage all of you men who are striving for strength, health and muscle, that you are on the right track if you follow the methods we advocate. And I hope, too, that I have proved that the men of today compare more than favorably with the men of the past. Remember that our men of today are all of the United States and the great strength athletes of the past were from many countries.

are nearly exhausted. The only case in which this exercise could be the best one, would be for one who already had arms disproportionately stronger than his latissimus.

For the beginner who has not advanced very far in strength, hand balancing and stunts on parallel bars, horses, rings and the like are very productive. Later, nevertheless, if one has a considerable strength and a rather poor sense of balance, hand balancing and apparatus stunts offer many impediments to further improvement because one may not be constructed to whirl through the contortions and gyrations necessary to meet a satisfactory amount of resistance. Consequently, bar bells are the most direct route to physical perfection, and, all in all, they are the most appropriate equipment for those who aspire to unusual muscularity.

As I have stated elsewhere, the effectiveness of a particular back exercise depends largely on one's skeletal construction. If your bones are put together in a certain way, you will be hindered, so to speak, from getting the "feel" in the lift. In the long run you will improve much faster by experimenting now with a few of the best exercises to help you decide which of them are the most suitable for your specific case. Do not be too hasty in your decision not to use some exercises, such as the rowing motion, which are very difficult for almost anyone to do rightly the first time that they are tried.

THE WORLD'S STRONGEST MAN

(Continued from Page 33)

world's highest official bent press of 371 and an unofficial record of 386, and a two hands anyhow record of 448, attained the honor of lifting overhead, unassisted and holding it there for the count, the greatest weight ever hoisted by a human being.

Many have thought that Horace Barre of Canada, a training mate of the great Cyr as strong as the powerful Louis. At least he made the same successful lift in the two hands clean and jerk, a world's record at the time, of 347 pounds. But he lacked competitive spirit and was satisfied to be one of those who "Also lifted." It is reported that he shouldered a 1200 pound bar bell and walked across the gymnasium with it on one shoulder.

Arthur Giroux, at present Chief of detec-

tives in Montreal, was at one time acclaimed as the world's strongest man. He was one of the "greats" that we have had the privilege of seeing in person and in action. He made a dead lift of 650 pounds at one of the Philadelphia shows and a two hands continental jerk of 328 pounds. He has pressed 260 and snatched 256 in spite of his great bulk and big waist line. He was a natural strong man who gained fame for his strength while he drove a brewery wagon in his native city. Decarie, another great Canadian strong man, was credited with a bent press of 317 pounds.

Gaesler, a German, held the one arm clean and jerk record at 251 pounds. He was good on all the lifts and ranks well toward the top. Henry Steinborn, still active and one of the world's best wrestlers, was phenomenal on

the quick lifts right after the war. He cleaned and jerked 350 pounds officially, and the story is told that he made 375 by mistake one day in training. He was informed that the 350-pound lift was 350, but he failed to clean it. Knowing in his heart and soul that he could lift 350, he tried again and again until finally he was successful. It was then discovered that a mistake had been made in loading and that the bar really weighed 375. I can well believe this story for I saw him fail repeatedly with a 250 snatch and finally succeed. He put a terrific, superhuman effort back of a lift, and he had great strength, for he performed a deep knee bend, a world's record of 532. Steinborn could have been the world's greatest lifter had he continued as a lifter. But there's no money in lifting; a man must live, and so wrestling became Henry's vocation.

Strassberger of Germany, an old timer in age is still active. Within the last year he pushed the world's amateur record in the two hands military press to 298 pounds. Hindered by his big waist, he has difficulty with cleaning and snatching, but he has officially made 253 and 313. His best effort in the continental jerk is 375.

Years ago in Vienna, the strongest man was he who put the most weight overhead in the continental jerk style. Turck first held the world's record at 386. Steinbach hoisted it to 392. And from there Swoboda made it 408 1/2. These old timers excelled at other forms of lifting too, notably heavy dumbbell lifting and continental pressing. Steinbach made a press with 311 and a snatch with 264 which was an unheard of poundage in those distant days. Tofalas, the Greek strong man, must be considered. A story will appear about his lifting career in a coming issue. He is credited with 347 in the bent press and many other great lifts.

Aside from Rigoulot, France has had many great lifters, such as the giant Apollon, who excelled at real strength feats. Yassner, who held the world's record in the one-hand snatch, also making 260 in the two hands snatch, and Cadine, a former Olympic light-heavy champion, who, as a star within the last ten years, made 600 in the dead lift, 240 in the press, 238 in the snatch and 310 in the clean and jerk. There was Moerke, the tremendously powerful German lifter, only five feet four inches tall, and 230 pounds in bodyweight, who looked like a fat man but had power. He negotiated over 550 in the deep knee bend, 375 in the continental jerk and 264 in the press.

Nossier, the Egyptian champion, will never be forgotten. He was the light-heavy Olympic champion in 1928, and the world's heavyweight champion the following year. None of the world's lifters have been able to surpass his world's record in the clean and jerk at 368, although Walker, at Berlin, had 369 overhead, only to drop it before the count was made. Nossier is made 281 1/2 in the two-hands snatch which for a time was the world's record. Our own Joe Nordquest, although handicapped by a missing lower limb, made a two-hands press of 245, a bent press of over 300, and a press on back of 388 pounds to surpass Hackenschmidt's record. Warren Lincoln Travis is considered by many to be the world's strongest man, his claim for supremacy being in the heavy lifts. A few years ago he lifted a thousand pounds a thousand times in nine minutes. That's a million pounds in nine minutes if you use your arithmetic. You can tell from his challenge to Harry Good which appeared in the last issue, and from his posting of ten thousand dollars reward to the man who can follow him through his act, that he is as good as ever.

I believe you'll have to make your own choice of who is the strongest man in the past. It's too difficult a problem for me to

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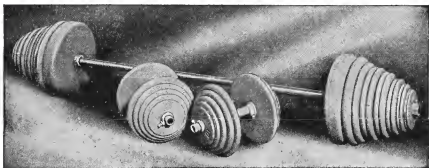
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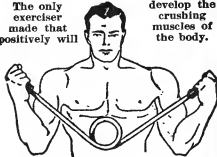
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figure out. What do you think?

There are few in the present, unlike in the past, really strong men to consider for the title of world's strongest man. Ronald Walker of England, Manger of Germany and Psenicka Vaclav of Czechoslovakia are the three leading contenders. Luhaar of Estonia who made the highest clean and jerk at the Olympics, 363, is a very powerful man. He is very deceiving in his looks. Someone asked me how old I thought he was. I replied about fifty. I was startled when told that he was twenty-eight. Apparently he had done all of his training indoors and was very pale. This continental type of physique, smooth and rather fat, hid the great strength his muscles possessed. He jerked the 363 with such absurd ease that he dipped but little and didn't move his feet. He's one of the best.

Before going on with the leading three contenders we must mention Hussein of Egypt, former light heavy world's champion, who although not a really big man, yet is such a skilled lifter that his official lifts at the Olympics were 247, 269½ and 352 in the usual order. Dave Mayor of the York team is rapidly becoming one of the world's strongest men but he can't quite rank with the very best as yet. He has jerked 375 from the shoulder, has clean and jerked 335 and has officially snatched 255. He is capable of much more. His official press record is 250 but he has made more recently. Yet this year he is due to rank among the first three or four in the world. Only twenty years of age, his great size, and strength, is sure to bring him to the top. He has greater physical possibilities than any of the other leading lifters in the world. He's a made strong-man. For sheer strength Carl Pakke of the Michigan Alkali club has some splendid lifts to his credit. He doesn't bend press, he can't put weights over head, his snatch isn't so good, but his dead lift of 675 and his two hands curl of 185 give more than a hint of his great strength. Walter Podolak formerly held the world's record in the two hands dead lift with 652 pounds. A wrestler at present, he is still fond of lifting and improves with the years. Certainly he is one of the world's strongest.

At the present, according to official reports, Ronald Walker is the world's best heavy-

weight lifter which, in a contest such as we are discussing, would make him the world's strongest man. He hasn't made these lifts in official competition with other leading lifters but he will probably do this later to earn for himself the title of the world's strongest man. He is another made strong man, weighing hardly two hundred pounds at his best, but six feet. Manger of Germany is the Olympic champion and Psenicka was runner up both in 1932 and 1936. We must not forget Chief Moquin of Drummondville, Quebec who excels at lifts of pure strength. He lifted right here in our building to show us what he could do and Gord Venables contested with him in an official contest at Drummondville, all of which gives us a sure estimate of his ability. We don't know the records of Manger, Luhaar and Vaclav on the first three lifts so can not include these in the following chart of their lifts in important competition.

	Best	Dead	Com.	Clean &			
	Lift	Jerk	Press	Snatch	Jerk Total		
Walker	270	550	380	280	260	2100
Moquin	280	675	340	270	230	2000
Manger						211
Luhaar						284
Psenicka						275
Vaclav						275
Hussein						247
							272

You will note that Ronald Walker does not excel on the dead weight lift. Considering his power on other lifts—he is reported to have cleaned 400 in training—he should be able to do at least 650 in the dead lift. But a single attempt with 550 is all we have received a report of. Another hundred pounds on this lift and some practice on the bent press would put him in first place with the champions of all time. Still a young man, he continues to improve and, barring unforeseen occurrences, should become the greatest lifter of all time, even surpassing the amazing Rigoulet whose records seemed unapproachable.

Moquin has real power, is a natural strong man, and can deep knee bend with very close to 600 pounds. He is not so fast on the quick lifts nor can he get so low in the splits. Walker moves like a flash and his tall body permits him to place himself in the best position for each lift. As we said in making our comparison of the strongest old timer, we'll have to leave the matter to time, and the opinion of our readers. I'm sure many of us would give a finger to see all the men listed here in such a contest at one time.

ANIMAL SAMSONS

(Continued from Page 34)

size of a deer, weighing two or three hundred pounds or in rarer cases a steer or bull weighing a thousand pounds, are killed in this way.

You may wonder just how a five hundred pound snake can overcome an animal twice its weight. First, its method of fighting is to wrap its body around the neck of the beast it wants for its dinner. There is no effective way that a quadruped such as a buffalo or deer can fight back, for it can't reach the aggressor. From this position the snake not only quickly strangles the beast, but often breaks the beast's neck.

A snake has over a hundred ribs, but they are small and round, so that nearly all of its great body is solid muscle. The organs are small, and I believe that its muscular bulk, considering its construction, is the equal of an animal twice its weight. Then the favorable manner in which it can apply power makes it not too difficult to overcome great beasts.

There is quite a discussion as to how large an animal a snake can swallow and dispose of. Its jaws dislocate and separate in such a manner that an animal many times the diameter of the snake can be swallowed. Numerous stories have been related of the great strength and swallowing capacity of the world's largest snakes, but many of these

stories seem to be the outcome of a vivid imagination and are not based on fact.

Many seemingly impossible things happen in this world that are hard to believe, unless we or reliable eye witnesses actually see them. Some few white men have had the opportunity to see just what these huge snakes can do. In one old Natural History Book, for instance, an account is given of a fight between a boa-constrictor and a buffalo. The snake encircled the quadruped with its coils, and to quote the words of the narrator, "At every twist the bones of the buffalo were heard to crack, almost as loud as the report of a gun." While, as a fitting sequel to this astonishing yarn, we are told that the beast was swallowed whole by the snake.

The boas and pythons have survived throughout the ages by sheer muscular strength. Every other living thing in the world is against the snakes. In this country a snake of any sort is killed always on sight. No thought is given to its possible usefulness in destroying bugs, worms, small rodents, rats, mice, or moles. Yet, except in thickly populated districts, snakes are as abundant as ever, the best proof that they are resourceful, speedy, powerful and cling tenaciously to life.

A few years ago I came across a water moccasin sleeping in the sun upon a pile of



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driftwood. I wanted to capture it, but I had no means of pinning it down with a forked stick as I usually did. I slipped up to it quickly, grasped it by the tail and pulled hard. About an inch and a half of the end of the tail broke off and the snake escaped for the time being. Constantly in movement, that end of the tail remained alive for many hours. Later I captured the same snake.

The Anaconda inhabits rivers such as the Amazon which flows through the jungles. It crawls along the river bank searching for its prey. The most ancient of reptiles used the same hunting tactics. When hungry, these huge snakes will attack anything alive that moves along the river. There are many cases on record of them attacking and overcoming huge alligators. At times they find it possible to catch large fishes still alive, but sluggish owing to having been left in pools when the water recedes.

It is especially common for them to drape themselves from the trees which line the rivers. Their markings are not unlike the foliage of the trees, thus they are seldom observed by their prey and are too often successful in making a capture. There are many cases of hostmen who have been captured by these huge snakes, and only quick work on the part of their comrades in cutting the snake away saved the man's life.

The Python of the Malay Peninsula, the snake shown in the Frank Buck pictures, is but little shorter than the thirty feet or more of the South American Anaconda. The Indian or Black Python never exceeds twenty-five feet in length. Other large constricting snakes are the Australian diamond Python and the South American Boa Constrictor, the latter seldom exceeding fourteen feet in length.

The more we learn of the power of animals and reptiles, the more we realize that man is but a puny creature in strength as compared to them. It was man's ingenuity which made it possible for him to develop and use in hunting, fighting and for his protection the weapons of all sorts which have been used in use throughout the history of the world. Without these weapons, a man would last only a few seconds in the grasp of the world's largest snakes.

Most of the snakes of India are poison; the Cobra, the Viper and the Black Mamba being the most dangerous of these. In spite of the ever encroaching civilization in this thickly populated portion of the world, as many persons die annually from snake "accidents" as die through auto accidents in the United States. And that means approximately thirty seven thousand annually.

Another Weldon Bullock

(Continued from Page 19)

into lifting motion exercises. After a few weeks of training his best in the clean and jerk was 140 pounds. But changes were taking place within him. The greatly stimulated organs and glands started to do their work and his records went up. January first of this year he decided to endeavor to emulate the unequalled feat performed by seventeen year old Weldon Bullock. He was going to practice diligently on the three Olympic lifts and use them to help him on the road to fame. He's made progress. His is all the New England heavyweight records, is the best man in New England, sure to be junior national champion next year, and go on to world's fame. You'll hear plenty of him by and during the Olympics of 1940 in Japan.

In three months of practice his lifts had soared to 205, 220, 285, total 710. National championships in the past were won with less than this total. Manger won in 1932 with 704½. Here was an unknown lad scaling the heights to an extent that he began to attract attention. John Roach told us that he read the articles in S & H, The Best Way

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to Clean and Jerk and The Best Way to Snatch so many times that he nearly knew them by heart. Constant study of the positions helped him to perform the lifts as they should be done. He has developed an amazing second pull both in the snatch and the clean. We were immediately impressed with this ability when we first saw him in the New England championships at Woonsocket, R. I. on April fourth. His lifts on that occasion were 215, 220, 285, with a narrow miss of a 300 pound clean and jerk.

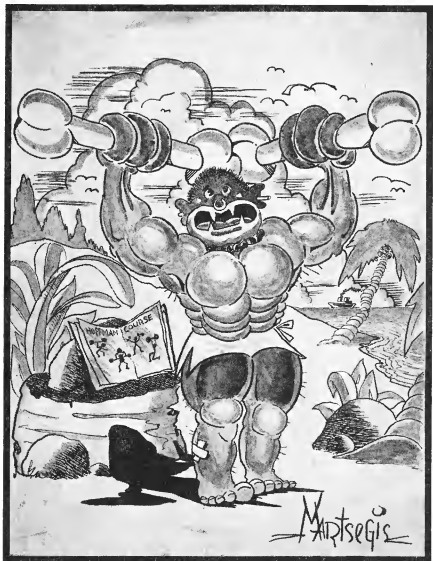
At that contest he met Bob Hoffman personally, talked a lot about lifting and Bob made several suggestions. He told him just how he trains himself and how other York lifters train, and urged him to practice repetitions, repetitions and repetitions in the clean, the snatch and the press. Young John followed the advice given to him explicitly, and this special training system made it possible for him to realize his ambition at Bristol, Conn., May 22nd. The Connecticut championships were held that day. John Roach was not eligible for the championship as he lived in Massachusetts, but he lifted afterward as an exhibition. Without the spur of competition and lifting too rapidly, it was most difficult for him but he made a splendid total. His official lifts were 220, 240, 300, total 760.

He snatched 245 with a press out at the finish. He cleaned 310. Usually he is a better

jerker than a cleaner, but he was probably too excited to have this weight at his shoulder which would have equalled Weldon Bullock's world's record of 310 for men of his age. John failed to jerk it, but he had already done enough, made the highest total a youth of his age had ever made. Weldon has superior skill in the jerk. It's sort of the poetry of motion to see him in that lift. But his snatch at the nationals in 1933 was 220 and he did not have John's pressing ability. He's a much smoother lifter, so such a total on the part of John Roach indicates that he has amazing power.

He won't be eighteen until October. Perhaps he'll go still higher by that time, but there are no contests that he can enter. The national championships were too far away, and no other championships are scheduled in his territory.

John Roach's record should be an inspiration to anyone. It shows what can be done if the desire is great enough. First you must know what you want, just to keep fit, big muscles, great strength, a perfect body, super health, a champion lifter's ability, a world's record or a national championship. Then you must be willing to work hard and long to attain that goal, to let nothing stand in your way or cause you to deviate from the path. Then follow the right methods and good results are sure to follow.



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INCREDIBLE BUT TRUE

(Continued from Page 18)

his long powerful jaws and proceeds on his way. * * *

A well known savant of Experimental Biology in the University of Illinois has discovered that weight training will strengthen plants as well as humans, at least so a paper, recently published on his experiments says, The Mimosa Plant, a sub-tropical herb of the pea family, is considerably strengthened after a session of weightlifting.

This peculiar plant is extremely sensitive and when touched or struck a blow the leaves immediately droop like that of a corn wilted or dying flower, but after a short

while rise again to their former positions. By the use of minute weights tied on the ends of the leaves, Professors Burge and Wickery were able to double the speed of recovery of these plants. After a month's practice the Mimosa could lift much more than when they started and were stronger and taller than those which had not been subjected to this experiment. Perhaps farmers might take a hint from this and give their crops the benefits of dumbbell exercises, and if they do, I'll wager that a juicy tomato plant can muscle out more than a corn stalk.

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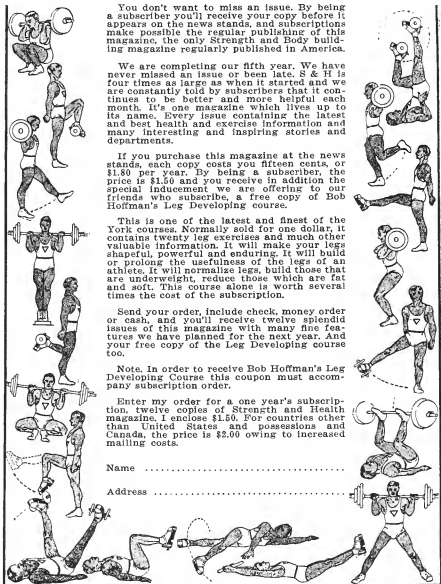
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By RAYMOND VAN CLEEF

THERE has been volumes of material published concerning all phases of Eugene Sandow's career. I have read a large portion of these biographical articles besides coming in contact with a number of old time athletes who were personally associated with Sandow. Yet to my knowledge there has never been any satisfactory explanation as to how Sandow, whose real name is Frederick Mueller, came to adopt this name professionally other than the fact that it was an ideal stage name for a strongman athlete. I believe I have discovered the true solution to this mystery. While seeking some information in a gazette recently I happened by chance to read that there is a town in Brandenburg, Prussia by the name of Sandow. Our physical culture leader was born in Konigsberg, Prussia which is quite near the village of Sandow. As this town was founded long before the advent of this great athlete there is no possibility that it was named in honor of him. Unquestionably he obtained the name of this village which was in the vicinity of his birthplace.

It would be difficult to find an athlete who could surpass Norman Perdue for physical endurance and recuperative powers. In demonstrating the value of milk as a food Perdue, who was on a strict milk diet for eight days, carried his weight on his shoulders in a seated position from Barberton to Akron, Ohio. He covered the distance of nine miles between these cities in three hours time. Then to top the climax after this grind which was accomplished in the morning he performed his strenuous hand to hand balancing and liman lifting act at that place. In this show, he will theatre that day. In another remarkable exhibition of stamina Perdue carried his wife Violet who weighs 125 pounds on his shoulder while he walked from the ground floor to the top story of the A. I. U. Tower Building in Columbus, Ohio. He climbed the 47 stories of this skyscraper at that place with his wife sitting on his shoulders throughout the entire performance of this

stunt. Previous to accomplishing this feat of endurance he had been on a milk diet for eleven days. While on a theatrical tour in California several months ago Perdue after being on a milk diet for twenty-one days demonstrated the fact that it had not sapped his strength by performing his entire hand to hand balancing routine with his partner on top of an auto in motion. Like many other stage athletes Perdue owes the foundation of his great strength to his years of bar bell training during his youth. He ranked as one of the best weight lifters in the country during his period of lifting. At a bodyweight of 162 pounds he did a two arm clean and jerk of 299½ pounds and a right arm snatch of 156½ pounds. Originally he was a pupil of that great strongman athlete Owen T. Carr of Portland, Oregon.

When I witnessed Robert L. Jones' almost unbelievable feat of doing a hand stand on the tops of Indian clubs on his thumbs alone in a performance I cannot see it duplicated. Recently not only did I witness it performed in perfect form but in a more difficult manner by Jewel Waddell in his vaudeville act. In the preliminary balance the athlete does a finger balance on the tops of ten clubs and then shifts from this position to the thumb stand. Jones in performing this stunt has his thumb clubs other than those the thumbs balance on attached to the platform by means of springs so that they automatically fall down when he releases the pressure on the finger. Waddell has no mechanical aids in doing his thumb stand as his bottles or clubs are not attached to the platform in any manner. In shifting to the thumb balance he knocks down each bottle individually with the finger it is supporting. Another important fact to be considered is that he performs it every day in his act on an average of four to five times daily. As remarkable as this thumb balance stunt is Waddell goes it one better by performing a one arm half arm plange supporting and balancing the entire weight of his body on the thumb of that hand alone.

HOW TO LOOK YOUNG

(Continued from Page 23)

strengthen the large circular muscle which surrounds the eyes, thus preventing sagging and dark hollows under the eye.

Sagging and drooping at its corners, the mouth will atrophy and become weaker in the afternoon of life. Then, however, the muscles encircling the mouth may be speedily strengthened by alternating a little fingerings, and alternately contracting and relaxing, the corners of the mouth. Any unsightly marks will vanish as the bloom of yester-years returns.

In old age the temples usually sink. The faithfully followed practice of rubbing the temples will build them up and, by removing "dew-feet" and other marks of time, regain the fullness of youth. The friction should pass from the temples towards the eyes.

To preserve their pliability and strength, the cushion muscles of the chin, like the muscles around the mouth, should be exercised at an early date. Firmly rubbing the point of the chin in the way of the "development" of these muscles. Aside from massage, friction in itself is most important. Leather can be polished by rubbing, and the skin of the face is merely live leather. You must not use a large amount of grease as a lubricant, otherwise many of the benefits from

the action will be lost; but you need enough lubrication to prevent soreness and chafing of the skin.

Carefully examine the facial muscles displayed on the chart so that you may know well enough to give ample attention to all of them in your massaging. You should devote considerable attention to the muscles of the chin, the cheeks, and the jaws. Yet some of the time and energy which you have set apart for the care of your skin must be spent in rubbing the length of the nose to prevent its becoming enlarged and bulbous. The temples, the seat of some of the most important of the vessels which nourish the face, must not be neglected. But the chief points on which to concentrate your attention are the cheeks, chin and jaw, and then the neck, as we will explain later.

If you have lost that clean cut chin and jaw, you will have to recover it or else take a back seat in a lot of things. Rub the palms of the hands, press firmly and thoroughly rub the muscles underneath. This is the same movement, but with more pressure, which should be applied to the circular muscles around the eye. Constantly change the position of the hands, as progress is more rapid with all parts receiving their

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If you are a new reader of this magazine you probably wish to obtain as many back copies as possible. They are filled with interesting material which cannot be repeated. At present we have March, April, October and November of Volume 2. These are priced at twenty cents each. Other issues have become so rare that premiums are offered for them.

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Hercules dumbbells are the type of bells offered by other bar bell and dumbbell companies. Although not quite as fine as the superior York dumbbells, they are substantially constructed, nicely finished and well balanced. We offer a sixty pound dumbbell set, two thirty pound dumbbells, at the very moderate price of five dollars for the complete set.

The Hercules dumbbell set includes two dumbbell bars, eight collars and a wrench. The plates are furnished in four 1 1/2, four 2 1/2, and eight 5 pound plates. Thus you have a graded assortment of plates making possible progressive training.

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share of the treatment.

An examination of the muscle chart will show how closely the muscles of the neck lie in with those of the face. Upon these muscles the contour of the neck depends. In the illustration you may note a large muscle attached to the projection in the throat commonly known as the "Adam's Apple," which extends upward from that point to the lower section of the chin. When one is young this large muscle is usually fully rounded and supple, supporting tissues and skin, covering the hollows of the neck, and, more than any other part of the neck, providing that graceful contour and roundness known as the "throat of youth."

As the years pass this is the first muscle of the neck to weaken if it is not exercised. It and the minor muscles surrounding it lose their strength, the tissue shrinks, the skin becomes loose, wrinkles and sags. After a time it will fall into the loosely hanging folds of old age, but at first it merely causes a loss of the clean-cut lines of youth and becomes the larger part of a double chin. If the muscles underlying this skin at the lower part of the chin are exercised with intelligence, they will resume their former youthfulness in a comparatively short time.

Once again the lack of facial development may be overcome with a combination of massage and exercise. You would do best to lie upon a bench on your back so that the head

may hang down and be raised solely by the action of the muscles on the front of the neck. As you lower your head as far as possible, and then raise it until the chin touches the chest, gently knead, pinch and roll the muscles we have been describing. This will literally peel off fat which may be present, strengthen the muscles, tighten the skin and remove wrinkles and sagging rolls. There is no way of knowing just how old one could be before the treatment would fail to bring back a symmetrical neck, but many men and women past the half century mark have succeeded in doing it. I believe that even those of a very advanced age can beautify themselves along the lines I have pointed out.

Time spent in improving your appearance is time well spent. It will make your life more worth living. There is little fun in being old, yet there are many pleasures to be obtained when one looks young and feels young, even if the many passing winters and summers have piled up an age that could contain nothing of youth in it, according to the common way of viewing age. Remember that a woman is as old as she looks; and although one adage is that a man is as young as he feels, that will be well to act his age if he does not look young.

Preserve your youth; live life to its fullest. Make exercise the most important part of your life, for exercise, and exercise alone, will bring what you desire in a physical way.

Ask The Doctor

Answers By DR. FREDERICK TILNEY

Question: How can I get rid of a head cold which I have permanently?

Answer: Drink a lot of hot water and lemon juice. This may seem to make the "cold" worse for a day or so, but it is getting the mucus out of your system in a hurry. Take a good hot bath in which powdered mustard or epsom salts (or both) have been added and create a good sweat, stand up and give yourself a vigorous rub down with a heavy towel until you feel hot, continuing the sweating process. Take an enema daily for three days. Eat nothing for two or three days except fruits, berries, salad greens. Do more intensive exercise. You may need a Chiropractic or Osteopathic adjustment or two. To avoid a repetition of the colds go very light on your fats, starches and sugars.

Question: I live on a farm and would like to know what I should eat in the vegetable line.

Answer: Don't try to live exclusively on vegetables. Get your needed share of dairy products, meat and chicken. Eat as large a variety of different vegetables as you can get. You can grow. I try to get by, as many farmers do, on salt pork, white flour, fried potatoes and beans every day. They grow good foods but don't eat them.

Question: Please write more about Bio-chemistry and various minerals the body needs. I enjoy your "Ask The Doctor." Why does my arm go to sleep? At 5 o'clock I wake up and my arm is numb. What causes this? Also can the stomach be washed from packed fats and dust?

Answer: Temporary numbness is caused by shutting off the nerve and blood supply, which you would do by lying on your arm, or notice it in your legs when sitting with knees crossed. If the numbness is of a permanent nature it indicates a lack of iodine, sodium and fluorine in the system.

Yes, the various preservatives and chemicals can be largely eliminated from fruits and vegetables by soaking them and washing well in clean water in which the juice of a lemon or lime has been added. Celery, lettuce, cabbage and such vegetables together with fruits and dried fruits should be well washed and can be

made crisp or freshened up by placing in the refrigerator.

Question: I have never been asked or answered in your column what makes the tonsils swell. I have a spot on my tonsil which will be a great trouble later. What shall I do for it?

Answer: I've answered a similar question several times in this column. Your tonsils are pus pockets and when they are too full of mucus they will usually swell up so the thing to do is to avoid eating foods which cause mucus. Stay away from the devitalized breakfast cereals, grits and especially oatmeal porridge mixed with white sugar and milk as these are prolific causes of tonsil trouble. Gargle your throat 2 or 3 times daily with diluted lemon juice. Massage the neck, which you can do with your shaving brush while shaving. It will surprise you how this stunt will loosen up the phlegm from the throat.

Question: Doctor, I am a pretty poor thinker, thick, I guess. I find it hard to concentrate. Perhaps you could give me a few pointers.

Answer: You are not the only one, Pat. Briefly I'll give you every exercise. When your system is clogged by too much heavy food it just dulls the keenness of the brain. You are simply unable to keep your wits about you. This is a frequent cause of auto smash ups and other accidents. You can simply interfere from a shortage of the mineral manganese. Where you buy your meat or fish ask the butcher to give you a generous sprig of parsley and chew this as it is one of the richest sources of manganese. Most butchers give you parsley free if you ask them for it. Feed up on this for several days, stay away from those other neckers. Eat more apples, more juicy fruits and lean beef. Go for a brisk walk in the fresh, clean air, breathe deeply and concentrate on the things you are interested in. If your mind begins to wander snap yourself up and go back to mentally thinking on your topic. Learn to work out each detail step by step clearly in your mind, then mentally picture it if possible to picture scenes with the eyes and talk your thoughts out loud or private, because when you hear it and see it, the subject then becomes doubly impressed on your mind.



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Dr. O. W. B., Chattanooga, Tenn.

Dear Bob:

We cops have been called "flat foots" for a long time. I suppose the reason for this is that policemen don't take any more care of themselves than I did before I got a five-in-one set. Before I started to work out with this wonderful little outfit, at night my feet and back were so tired after pounding the beat all day that I was seriously thinking of looking for another job. What a different man I am now! If I keep improving my standing in the department, I'll be a captain soon.

Yours truly, Officer (Hen) Flanagan, N. Y. C.

Dear Mr. Hoffman:

While I was yet in college, I was somewhat a star in a variety of sports—archery, hockey, soccer, et cetera. But six years ago when I began to teach in high schools, I grew fatter and fatter until finally, four months ago, I became alarmed that I weighed 150 pounds. Luckily for me, one of my pupils, an extraordinarily well-formed lad of sixteen, told me, after he had heard me complain about being overweight, to purchase one of your five-in-one outfits. Now, thanks to you, I weigh only 126 pounds and feel even better than I did as a collegiate athlete.

Respectfully yours, (Miss) I. B. B.

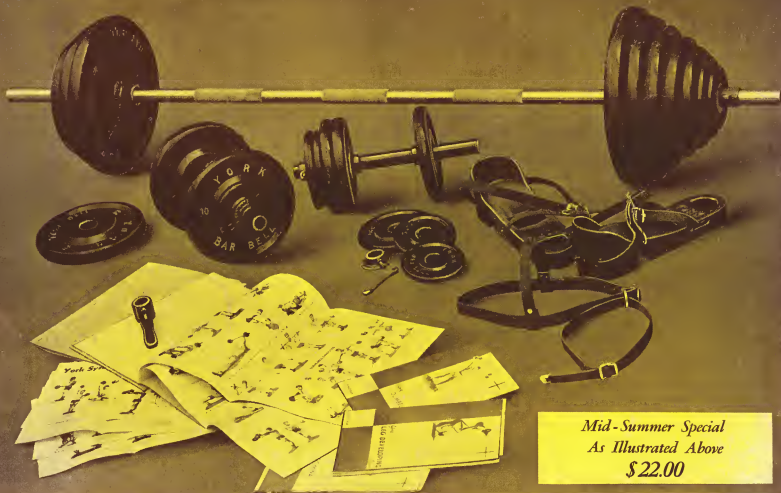
Being a professional Adagio Dancer means I must have appearances in order to perform before the public. I have worked all the leading night spots in Illinois and have been complimented more lately than I ever had before on my physique. I might say that my costume and that of my partner, who is now a real "Iron Boot" fan, covers the whole upper body and shows only the legs, this means that all my audience attention is riveted on the legs and previous to my using the Five in One I was always conscious of my slender legs and I know my audience felt the same way. The male partner of any Adagio Team must radiate strength and that is why I started on the Five in One. I stay one week in each club and have my outfit built in a neat box with two handles so that I can take it with me at each engagement. I have a gain of one and one-half inches around the upper thigh which I consider very good for a man who has been in my profession for eight years. I hope to work Pennsylvania soon and if I get near York you be sure I will visit you.

Very truly yours, Fran Ravello, Chicago.

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